

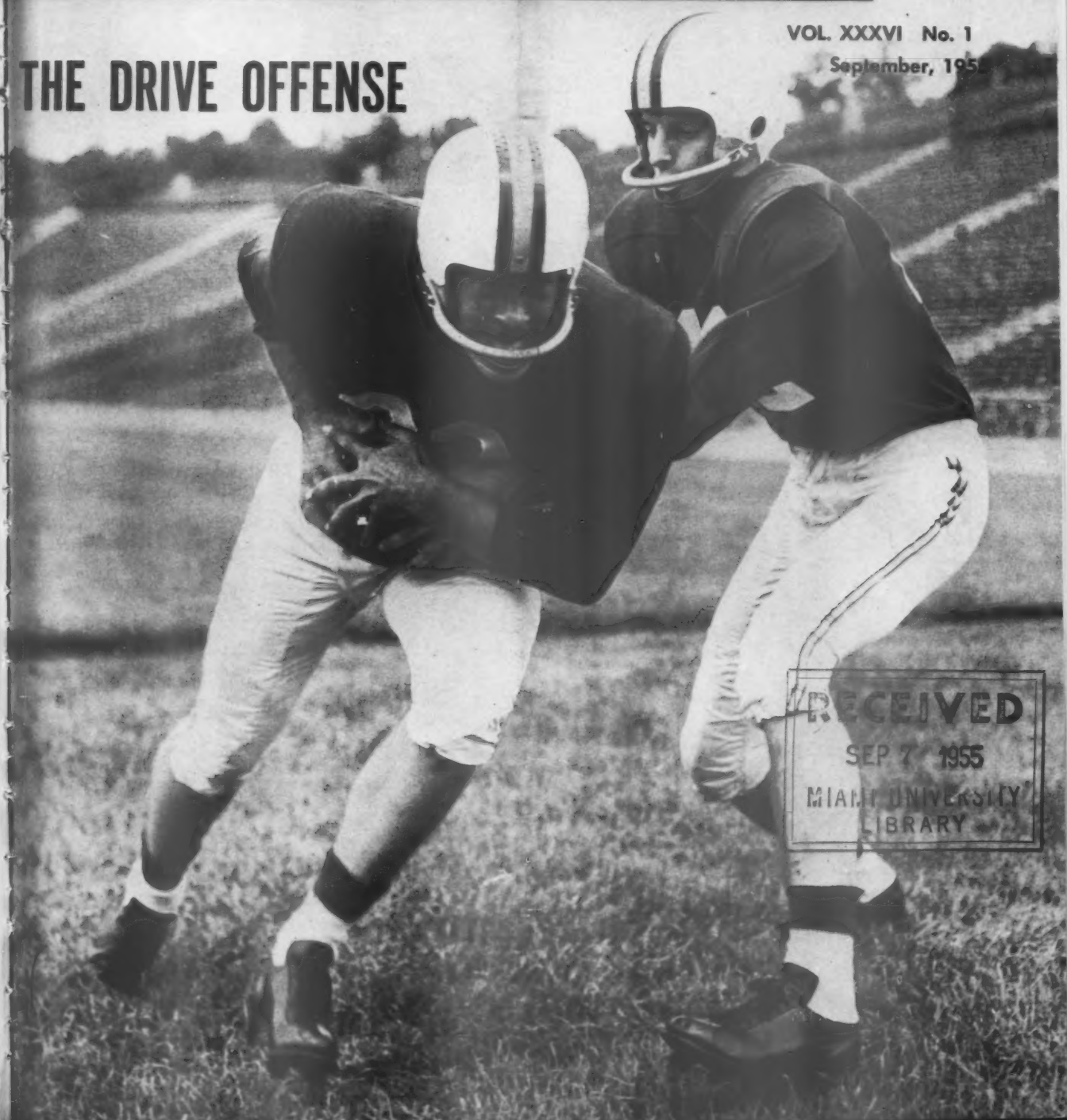
# ATHLETIC JOURNAL

873

## THE DRIVE OFFENSE

VOL. XXXVI No. 1

September, 1955



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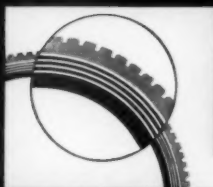


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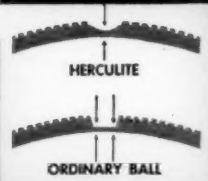
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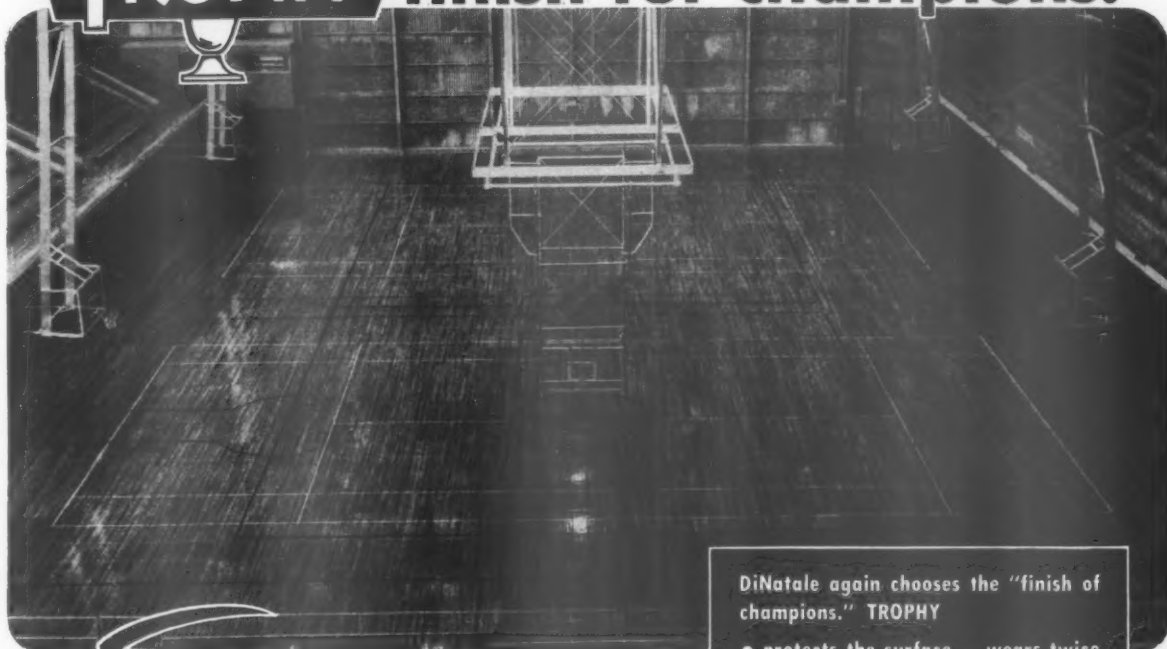
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# The ATHLETIC JOURNAL

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Volume XXXVI

Number 1

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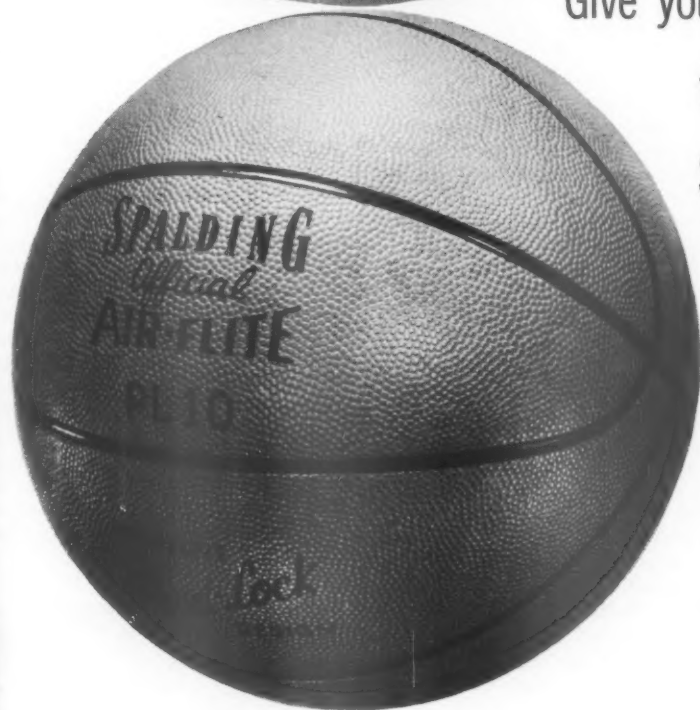
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## FRONT COVER ILLUSTRATION

The Drive Offense is football's newest innovation. Warren Giese's masterful insight into this new offense begins on page 9. Quarterback, Lynn Beightol, and fullback, Dick Burgee of Maryland are seen practicing the hand-off in the Drive Zero play.





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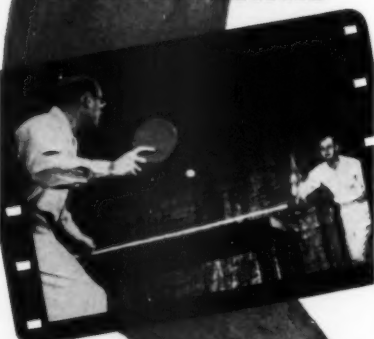
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# from here and there



**A** NUMBER of former high school coaches are starting the new school year on college coaching staffs. Max Spilsbury, who compiled an enviable record at Bisbee, Arizona, High School during the past three years, joins Warren Woodson's staff at Arizona where he starred as an all-conference end. George Davidson returns to his alma mater, Lafayette, as head basketball coach, replacing van Breda Kolfi who went to Hofstra College. Davidson played under Ray Stanley, presently basketball coach at Penn. For the past two years he has been coaching at Germantown Academy. A third high school coach to return to his alma mater is Douglas Parker who leaves the Hamburg, New York school system to replace his former coach, Raymond Sparks, as wrestling coach at Springfield College. At Hamburg, Parker's teams were sectional champions in wrestling, tennis, and cross country for the past two years. Chuck Studley leaves Alton, Illinois, High School to return to his alma mater, Illinois, to assist Ray Eliot. Another Illinois graduate, Nate Johnson, leaves Riverside, Illinois, High School to be line coach at Northwestern . . . When Holdredge High School and Geneva High School in Nebraska meet in basketball a trophy will be at stake. In this case the trophy goes to the loser and is a stuffed crow . . . New York state will experiment this fall with a provisional football rule which permits one player and one coach to converse during a charged time-out. The area designated will be between the 30 yard lines. In the six-man game all players may come to the sideline and communicate with the coach.

\*\*\*

**M**ILTON JOWERS, who has been coaching at Southwest Texas State Teachers College, has an amazing coaching record which shows 156 basketball victories against only 65 defeats. His football record has been 18 wins and 1 tie in 28 games played. Jower's previous high school coaching record is even more amazing, showing as it does 225 wins and 19 losses. His 1940 San Marcos team won 46 and

lost 1 and the previous year at Shiner his team put together a string of 40 straight victories . . . In the February issue we reported there was so much interest evidenced in face guards and face masks at the American Football Coaches Convention that we predicted they would soon be standard equipment. "Duffy" Daugherty is helping to make our prediction look good by ordering face guards for all of his Michigan State team this fall . . . Two former Penn State teammates move into new coaching assignments this month. Johnny Potskian is the new head football coach at Albright College, while Johnny Jaffurs becomes freshman football and wrestling coach at Cornell . . . The U. S. Lacrosse Coaches Association is sponsoring the making of loopfilms on the basic lacrosse fundamentals. This is a live wire coaches association and a great deal of the credit for the recent growth of lacrosse is due to the manner in which the coaches have pushed their sport . . . According to Dick Dunkel's rating of college basketball teams for last season the best basketball is played in California and New York. Each state had 8 of the 100 best teams in the country. Pennsylvania had 7 and Ohio and Illinois each had 6. As far as conferences go the Big Ten has a wide margin with 7 of its 10 member schools being ranked among the top 25 teams. The Pacific Coast, Missouri Valley, Big Seven, and Atlantic Coast conferences each had two representatives.



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# Teaching the Option Play

By GORDON M. BREWER

Football Coach, Kelloggsville High School, Grand Rapids, Michigan

IN recent years many high school coaches have discarded the split T formation after what they considered a reasonable trial period. Most of them will admit their discouragement stemmed from failure to master the option play. Some have gone back to time-tested single wing or straight T football on the premise that it is easier to teach. Others, following the lead of Bobby Dodd of Georgia Tech, have retained the split line and gone over to the *belly* series.

We have employed various versions of the split T during the past four years, adding the *belly* series last year. It is our contention that a split T without the option play may be effective but does not make use of the formation's potential as originally devised.

We believe that teaching difficulties can be held to a minimum if the quarterback's maneuvers are carefully broken down and no detail is overlooked, minor though it may seem.

We further believe it a coaching error to put undue pressure on the quarterback by ignoring the responsibilities of the halfbacks and the fullback. They must also be taught the option play even though they do not initiate it.

## Quarterback Footwork to the Corner

For purposes of clarity it should be stated that we have adopted Jim Tatum's method of numbering the defensive men rather than referring to them as tackle, end, linebacker, etc. We also refer to the vicinity of the offensive end as the corner where the quarterback must make use of his option and see that the ball proceeds toward his goal (Diagram 1).

The distance of the quarterback maneuver from center to corner falls quite naturally into two parts. The quarterback's steps, speed, and body carriage change considerably in the spaces from center to the dive man, and from the dive man to the end. We shall divide the distance in this manner and treat it in order.

## Halfway to the Corner

The quarterback's steps to the

hand-off are identical to those through the hand-off area to the option play. We are in full agreement with Bud Wilkinson's statement that the quarterback makes his first step *up* and *out*. However, we have found that if this first step is more than a jab step of six to eight inches, the quarterback finds himself in an awkward, overextended position. This position makes it difficult for him to push off on his second step with the speed necessary to meet the dive man quickly and in the line.

The second step should be as long as possible and theoretically, combined with a reach, should enable the quarterback to place the ball on the far hip of the halfback. We have been unable to accomplish a two-step exchange even with minimum splits. There are two reasons for this. First, the shorter jab step already mentioned obviously makes more steps necessary. A second reason is the fact that six-foot, long-armed quarterbacks are a rarity in small and medium-sized high schools. With one exception, our quarterbacks have been under six feet in height. The larger boys seem to have been too slow, too clumsy, too tight, or possibly gun shy.

Although a tall boy is preferable we have made use of the smaller boy's speed and dexterity by having him take two and one-half steps to or through the hand-off area as the case may be (Diagram 2). Notice that the quarterback's right foot comes down, completing the third step behind the forward moving halfback. On the hand-off play the exchange has actually taken place before the third step is completed.

When running the option play the quarterback takes the same steps. The only difference in his maneuver is his handling of the ball. Instead of reaching out and handing off, he holds the ball with both hands, close to his body, belt high, and proceeds through the hand-off area towards the corner. It should be emphasized that the quarterback makes no fake whatsoever to the diver. The halfback takes care of the situation with an exaggerated fake.

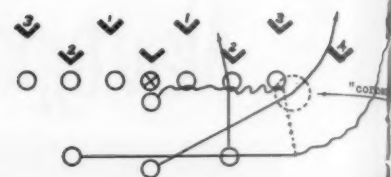


Diagram 1.

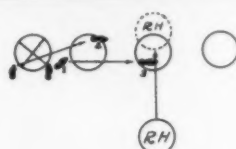


Diagram 2.

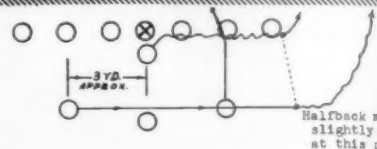


Diagram 3.

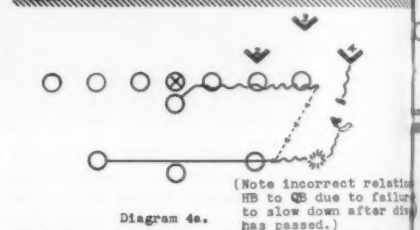


Diagram 4a.

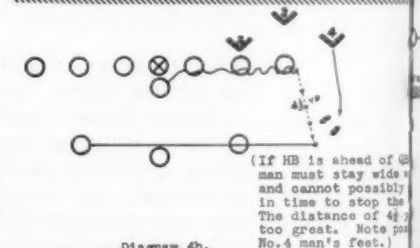


Diagram 4b.

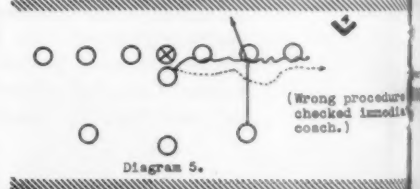


Diagram 5.



Diagram 6.



# High School Quarterbacks

## From the Dive Man to the Corner

After the quarterback has completed his third fast step he must forget about speed and come under control. This means that he must:

1. Slow down immediately.
2. Begin and continue short, choppy steps to the corner.
3. Move the ball slightly from side to side as this helps to freeze the defensive No. 4 man.
4. Carry his body with his shoulders hunched forward in order to protect the ball and his pitch-out machinery, namely his wrists and forearms.

This slow-down of the quarterback has a threefold purpose. First, it gives him a trifle more time to concentrate on the defensive No. 4 man and to determine to what extent that defender intends to stay with his outside responsibility (covering the trailing halfback). Secondly, this sudden change of pace tends to create indecision on the part of the No. 4 man who finds himself facing two potential ball-carriers four and one-half yards apart (provided, of course, that the No. 3 man has been thoroughly occupied on his own side of the line).

The third purpose of the slow-down seems most obvious, yet we overlooked it entirely for three seasons. It is one of the most basic fundamentals of the option play. On a play moving to the right, the left halfback is approximately three yards farther away from the corner than the quarterback. He must more than make up this distance before the quarterback reaches the corner (Diagram 3).

The halfback stance is designed to add speed to the dive play, with considerable weight forward. Of course, this stance slows down a lateral start and makes it more difficult to catch up to the quarterback who fails to come under control.

If the halfback does not catch up and lead the quarterback by a step at the corner he will make the No. 4 man's defensive job much simpler as the four and one-half yard gap will

have narrowed. The No. 4 man will thus be able to wait until the quarterback has committed and still tackle either man (Diagram 4a). It should be noticed that the No. 4 man is in excellent position to close on the quarterback. If the quarterback laterals to the halfback who has not caught up, the No. 4 man has time to drop his left foot back and still make the tackle.

## Staying in the Line

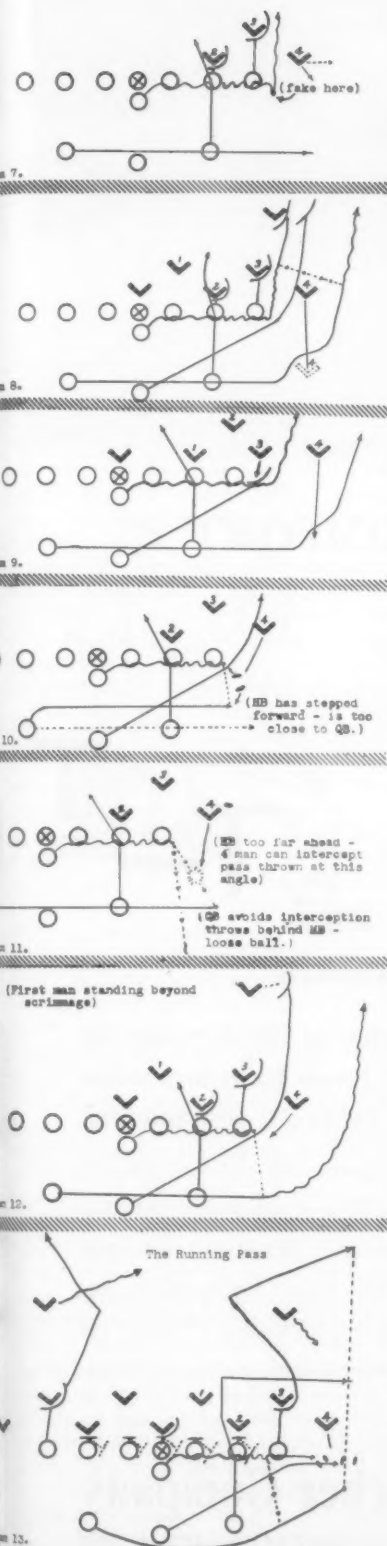
Jim Tatum and Bud Wilkinson have both emphasized the importance of the quarterback staying up in the line as he advances toward the corner. Many high school quarterbacks have a tendency to roll out or step back because they consider it safer to the play's success. How can the quarterback be shown that such execution is wrong? How is such a thing taught? We do it in this manner: Considerable time is spent early in the season on dry runs, that is, offense but no defense except the No. 4 man. The coach assumes a position opposite the corner (Diagram 5).

If the quarterback retreats for any reason a whistle is blown and the coach immediately investigates to find who is at fault, the quarterback, center, lineman, or the dive man who is too slow. We urge the quarterback to protect his honor by staying in the line at any cost. This may mean stepping on the heel or ankle of the center or other linemen who do not have enough weight forward and fail to get out in time. It may mean running head-on into a dive man who has lined up too deep. As the quarterback is running toward the coach, he is especially conscious of being watched and endeavors to follow instructions. The procedure is an appeal to his pride. If he has no pride, the coach has the wrong man.

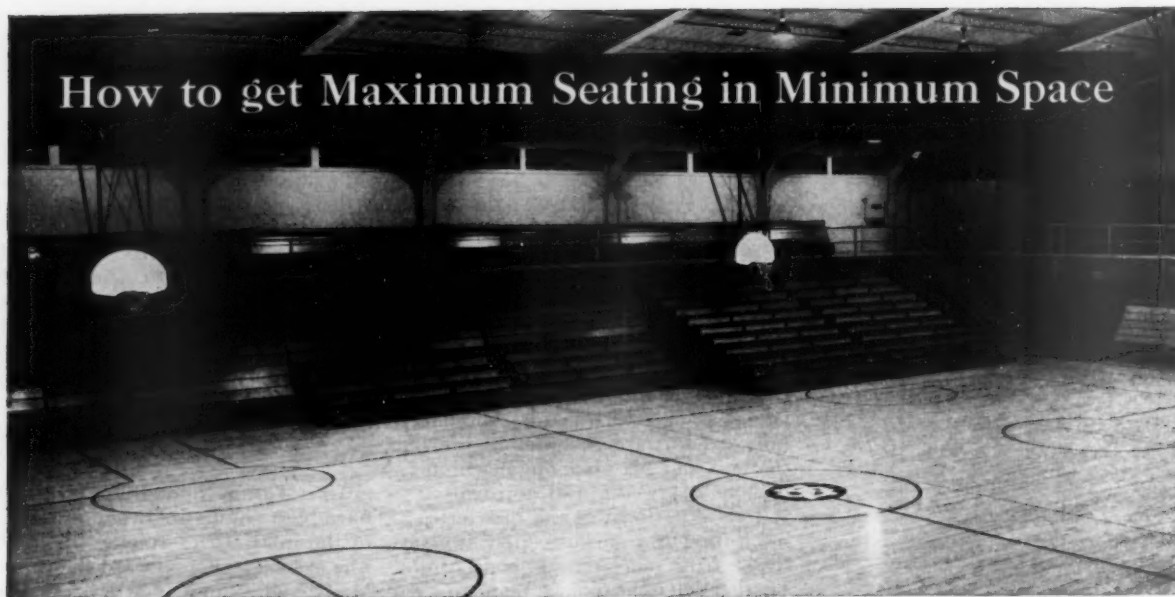
Most players dislike being singled out on the spot as the one responsible

(Continued on page 80)

**G**ORDON BREWER learned his football under Al Vanderbush at Hope College. Since 1950 he has been at his present location. During the past four seasons Brewer has experimented widely with the split T theories of Faurat, Wilkinson, and Tatum. In drawing conclusions Brewer believes the formation to be as sound for medium and small high schools as it is for colleges if proper adjustments are made to fit limitations in personnel.



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# The Drive Offense

By WARREN K. GIESE

Assistant Football Coach, University of Maryland

THE 1954 football season will long be remembered because it saw the relatively new drive series emerge from the experimental stage into a fully integrated and formidable offense. Several prominent coaches have been using various segments of the drive series successfully for years. Perhaps the first coach of a major college team to concentrate upon the development of a fully integrated drive offense was Andy Gustafson of Miami University in Florida. Using this upstart offense last season, his Miami Hurricanes were defeated only once during a ten-game schedule.

During one of Coach Gustafson's many observances of the North-South Shrine game practice sessions the idea for the drive offense was born. Gustafson is closely associated with the North-South game in Miami and has had the opportunity to observe guest coaches teaching their offense to the teams they were coaching. He was particularly impressed by Bobby Dodd and the outside belly series, and by Jim Tatum and Don Faurot who taught the split T. Gustafson's integrated drive offense is a skillful blending of the strong points of these two attacks.

When we compare the thoughts which preceded Gustafson's decision to cast his lot with a fully integrated drive offense, and the thoughts of Don Faurot prior to originating the split T attack, the result is rather remarkable. Both coaches felt they wanted an offense which did not require a group of specialists, and both were looking for something relatively simple to teach to their teams. Notice, neither coach was searching for an intricate, dazzling, fool 'em with feinting method of moving the ball.

The drive offense is divided into four parts. They are the inside drive series, the outside drive series, the inside drive pass series, and the outside drive pass series. Each of the four parts has two plays to either side of the line, making a total of 16 plays.

The inside drive series consists of drive O which the fullback carries immediately to the right of the center, and drive 2 which the left halfback carries over the offensive right tackle's position. The pass plays which emanate from the fake of these two plays include a quick pass to either end off the fake of drive O, and an X cut pattern off the drive 2 play fake. The plays to the left are mirror images of the even numbered plays which have just been mentioned.

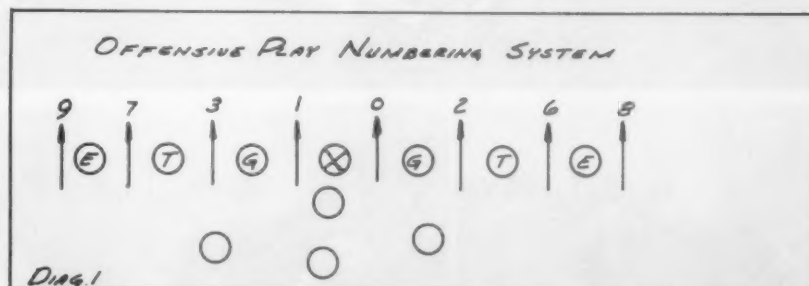
The outside drive series consists of the fullback carrying off-tackle, and an option play which the quarterback either keeps or pitches out to the off-side halfback. Some teams run the fullback off-tackle as an option, with the burden being on the quarterback who decides how the play will develop. The outside drive passing series contains the usual off-tackle action pass, and the running pass thrown by either the off-side halfback or the quarterback.

This drive offense has many advantages. Less specialized material is needed. The blocking assignments and methods used by the linemen are so similar that players may be moved from position to position with little or no loss of effectiveness. The elimination of all double-teaming, cross-blocking, pulling, and trapping leaves a considerable amount of time to perfect the one fundamental movement upon which the offense succeeds or fails. The utter simplicity of the basic offense will tend to discourage a coach from adding favorite plays used by other coaches to this attack for few plays are designed to operate with pure and simple straight-ahead blocking.

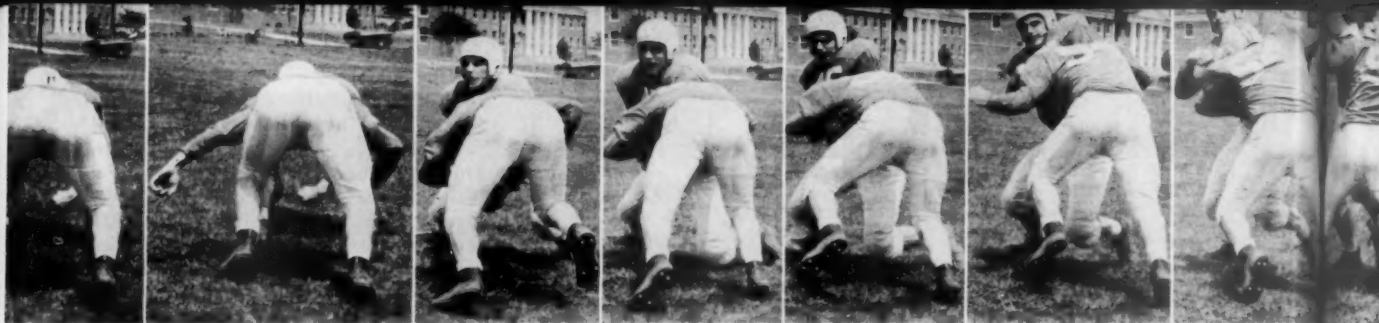
Perhaps the most serious disadvantage of the drive offense lies in the future development of defensive techniques which undoubtedly will be designed to hamper this style of offense. When this happens, and it has happened to every offensive innovation since the game made its appearance, the offense will be forced to deviate from its basic attack and to expand. Whether the techniques necessary to run the basic attack will be conducive to expansion is a question which only time will answer.

The personnel required to operate the drive offense successfully is probably less specialized than for any other offense in use today. The offensive linemen are not required to pull, trap or cross-block. The one fundamental movement upon which the offense succeeds or fails is simply firing across the line of scrimmage and maintaining contact with the opponent until the whistle blows. This one simple requirement may be mastered by boys who might fail to develop sufficient skill and agility at pulling, trapping, double-teaming, and cross-blocking.

First, the ends must be adequate blockers to satisfy the running requirements of the offense. Naturally, an end who is also an exceptional pass receiver will be an additional offensive threat, but pass receiving ability should never take precedence over blocking ability when the starting







## Series A

line-up is being selected.

Backfield requirements for the fullback, halfbacks, and quarterback are as follows:

Above all, the fullback must be a boy who will fake with the same type of effort he uses when he is carrying the ball. It is not an exaggeration to

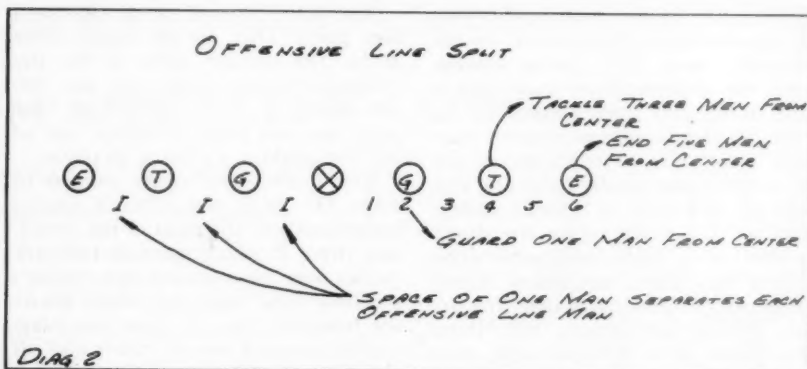
tion for four or more yards each time he carries the ball. Straight-ahead power in this back is preferable to open field running ability.

The halfbacks should possess at least average speed and a burning desire to carry out their blocking or faking assignment on every play. Open field running ability is a secondary consideration, although it is a most

its way downfield. A quick pair of hands are a valuable asset when the quarterback is faking the ball or exercising his options on the wide attack. Above average running and passing ability are desirable but not essential to carry out the quarterback's primary duties successfully.

This drive series may be adapted to fit any offensive signal system. We

**W**ARREN GIESE, co-author with head coach Jim Tatum of one of football's biggest selling books, "Coaching Football and the T Formation," is frequently called upon to appear as an instructor at football clinics. He played under Jim Tatum at Jacksonville Naval Air Station and then followed him to Oklahoma after the war, joining Tatum's staff at Maryland in 1948.



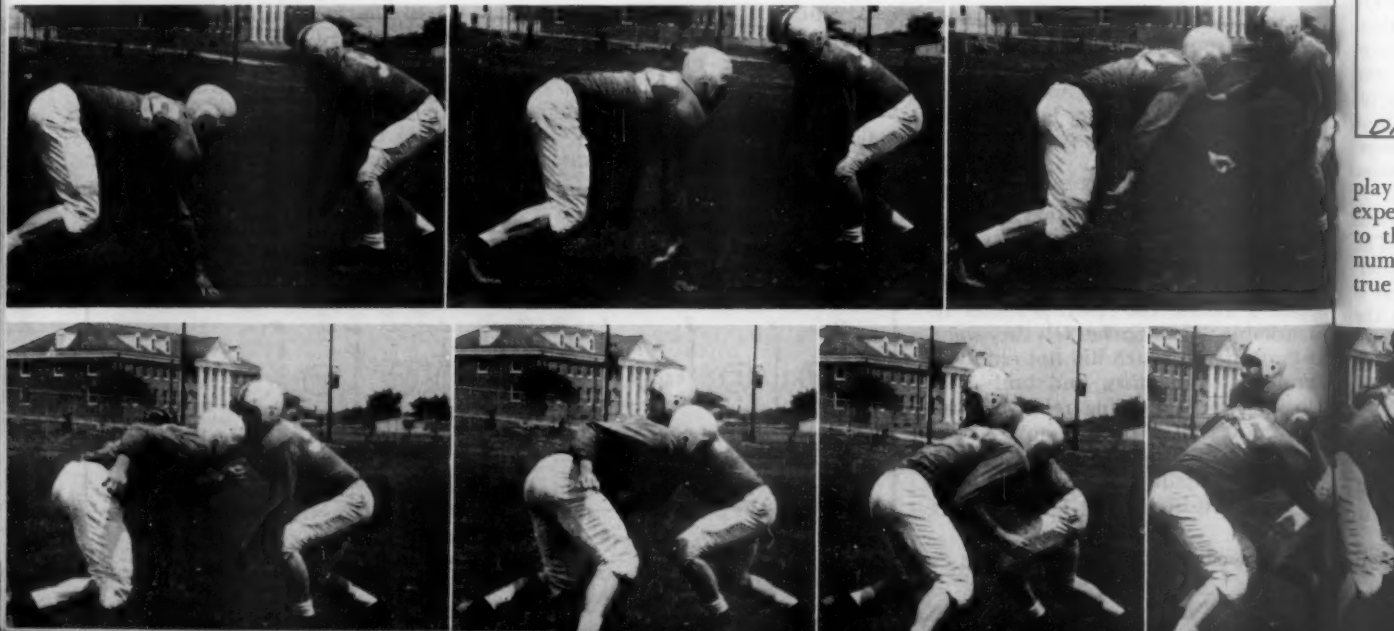
say his faking must be so realistic that he is tackled on every play. The fullback should be a bullish type of runner who dedicates himself to running through, over, and around the opposi-

tion for four or more yards each time he carries the ball. Straight-ahead power in this back is preferable to open field running ability.

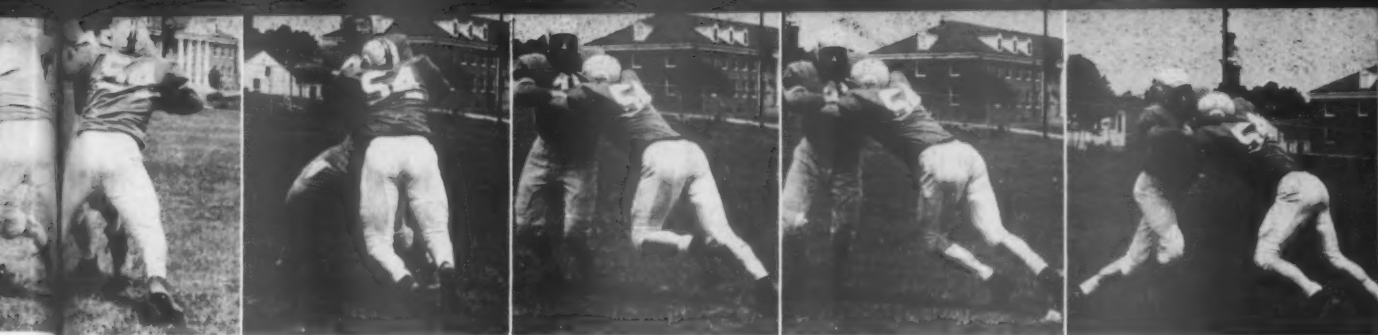
The quarterback's chief attribute should be an agile mind and a quick pair of hands. An agile mind will prove valuable when calling plays that will keep the offense grinding

favor a numbering system which calls for all even numbered plays to be run to the right, and all odd numbered plays to be run to the left. The offensive holes are numbered off the offensive linemen for we may always be sure they will line up in relatively

## Series B







the same position. Plays which contain high numbered digits are run to the outside, and as the digits decrease in size, the plays are run closer to the middle of the line.

The quarterback calls the play in the huddle by simply following the word *drive* with the single digit play number. Drive O would call for the fullback to hit slightly to the right of

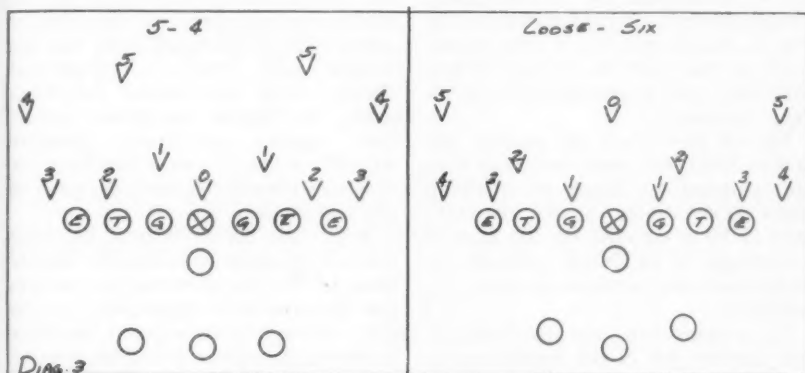
in the huddle, let us take a more detailed look at the fundamentals of offensive line and backfield play which help propel the drive offense.

The duties of the offensive linemen may be broken down into three distinct parts. They are, how to split, the player to block, and how to block.

Upon leaving the huddle the offensive linemen take a *constant* and *unchanging split* each time they take their positions on the line of scrimmage. This split is approximately 30 inches, or what amounts to the space which would ordinarily be occupied by another lineman. Thus, the guards will always line up with a space of one man separating them from the center; the tackles will line up one man away from the guards; and the ends take their positions one man away from their respective tackles. Actually, this method of splitting consistently places the ends five men away from the center, the tackles three men from the center, and the guards the space of only one man from the center. Insisting upon an accurate line-up on leaving the huddle will do a great deal to eliminate the danger of under-splitting. Under-splitting robs the drive offense of its potency and is a common error which often slips by unobserved.

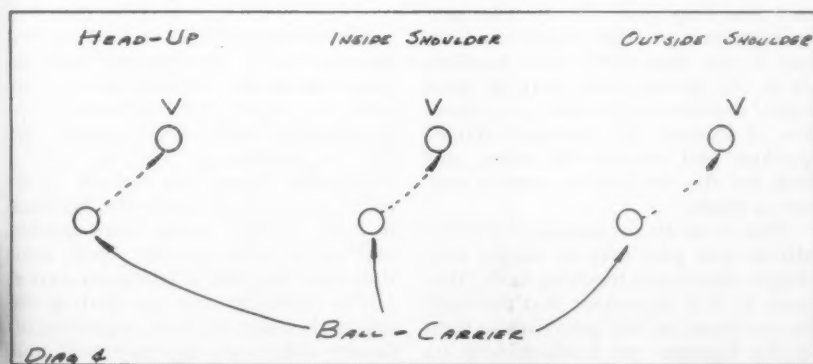
Teaching blocking assignments for the drive offense is considerably simplified if the 1, 2, 3, 4, and 5 method is used (Diagram 2). This system requires the reeducation of the players so they refer to their opponents as Nos. 1 through 5, rather than as guard, tackle, end, linebacker or halfback.

Numbering the defensive men is accomplished as follows: Each defender is given a number, starting from the center and numbering out to either side, with the exception of the first



The idea of running even plays to the right, and odd plays to the left is also observed when running the

center. Drive 2 would call for the left halfback to carry the ball between the right guard and tackle. The pass



play pass series. Even passes may be expected to develop and be completed to the right of the offense. For odd numbered passes the opposite holds true (Diagram 1).

play is called by simply adding the word *pass* to the running play which is being faked. Examples of this would be drive O pass or drive 2 pass.

Now that the play has been called



man who plays on the offensive center. This numbering system is shown in the accompanying diagrams of the Oklahoma 5-4, and the loose-six defenses.

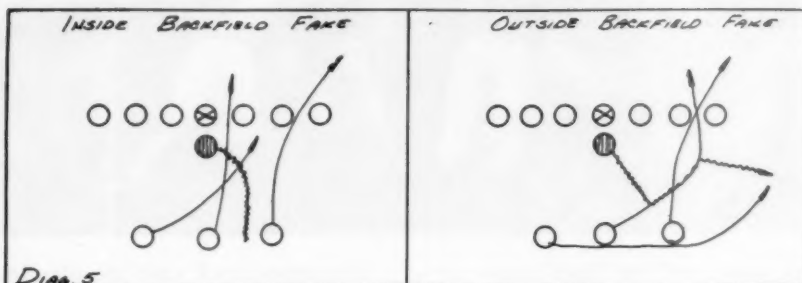
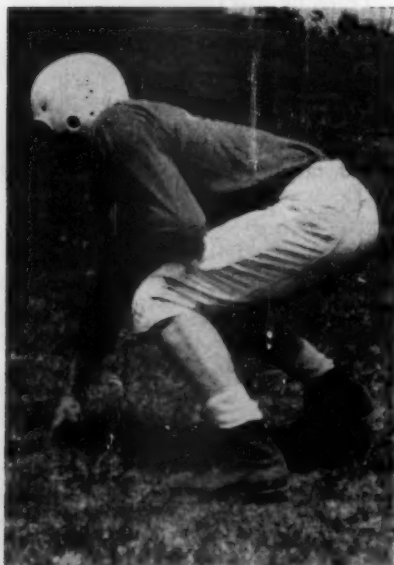
Numbering the 5-4 defense according to the numbering rule, the first man over the center receives no number so let us call him the *zero* man. Then numbering out to both sides, the defenders over the guards are the No. 1 men, the defenders on the outside shoulder of the tackles are the No. 2 men, and the No. 3 men are lined up on the shoulder of the offensive ends. The No. 4 men are the defensive wingbacks, and the No. 5 defensive men are the two deep defenders (Diagram 3).

Now, numbering the loose-six defense according to the rule, the men over the offensive guards are the No. 1 defenders; the No. 2 defensive men are lined up in the vicinity of the tackles; and the No. 3 men are opposite the offensive ends. The No. 4 defenders are the end men on the line, and the No. 5 men are the outside deep defenders. Actually, the safety is the *zero* man for he is the first defender who is lined up over the center (Diagram 3).

Throughout this offense, on all running and passing plays, the on-side guard blocks the No. 1 defender, the on-side tackle blocks the No. 2 defender, and the on-side end blocks the No. 3 defender.

The center cuts off any defender who is playing over his position if he is covered, or he goes downfield to block the first man on whom he gains position if he is not covered.

Illustration C



If they believe their opponent will become a factor in the play near the line of scrimmage, the off-side guard, tackle, and end are responsible for the No. 1, No. 2, and No. 3 men respectively to their side of the line. Otherwise they release downfield to block deep defenders.

On all pass plays the guards and tackles block the same defenders they are assigned to block on running plays. The center blocks the *zero* man if he is covered on the line of scrimmage. If he is not covered, he drops back and becomes an extra pass protector.

On a team using the drive offense the primary job of the linemen is to occupy the defenders on the defense's side of the line of scrimmage. Once the opponent has been contacted, every effort must be made to maintain contact and to occupy him completely. In fact, the idea of maintaining contact is so important that it takes precedence over all other objectives. Contact is lost most often when blockers go to the ground after making good initial movements. In order to prevent loss of contact the lineman should quicken and shorten his steps, and look for the sky just as soon as contact is made.

This *do-or-die* fundamental of drive offense line play may be taught in a simple one-on-one blocking drill (Diagram 4). It is important that this drill be conducted at full speed just as soon as the linemen are familiar with its procedure and objectives. The idea of maintaining contact above all else, even when it means blocking the opponent toward the intended path of the ball-carrier, will take considerable teaching and practice.

This drill should be conducted with the defensive player varying his position from inside, to head-on, to outside the offensive blocker.

Picture Series A and B show typical blocking efforts during a drive series play. Series A shows a head-on blocking situation which interior linemen often face. Series B shows an angle blocking situation.

In Series A the initial movements of the offensive blocker do not tip any desired direction because the defender is playing head-on. The blocker applies steady pressure until the defensive man makes a directional choice. Once this choice has been made, the blocker maintains contact and applies additional pressure whether or not it means blocking the defender toward the intended path of the ball-carrier.

Notice in Series B how blocking contact is made considerably higher because the offensive blocker realizes the defender will immediately try to *play through* a directional blocking attempt. A higher point of contact will place the offensive blocker in a better position to maintain contact against this expected directional resistance.

### Fundamentals of Backfield Play

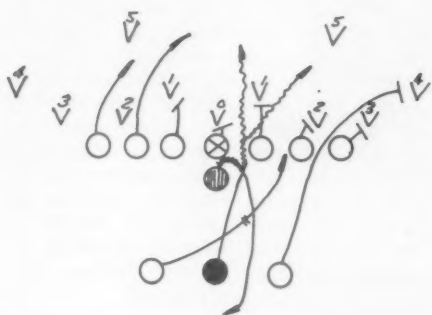
The offensive backfield lines up in a conventional T arrangement with the quarterback and fullback directly behind the center. The fullback is approximately four yards behind the line of scrimmage, and he uses a three-point stance. We feel the three-point stance will allow the fullback to drive straight ahead more quickly and to hit with greater power than if he used an upright two-point stance.

The halfbacks line up shading the inside shoulder of their respective offensive tackle and approximately four yards behind the line of scrimmage. The halfbacks also use the three-point staggered stance (Illustration C).

There are two distinct backfield maneuvers in the drive offense. The inside drive series is built on the quarterback's fake to the fullback who is driving either to the right or to the left of the center. The outside drive series is built on the quarterback's fake to the fullback who hits into the off-tackle zone to either side of the line (Diagram 5).

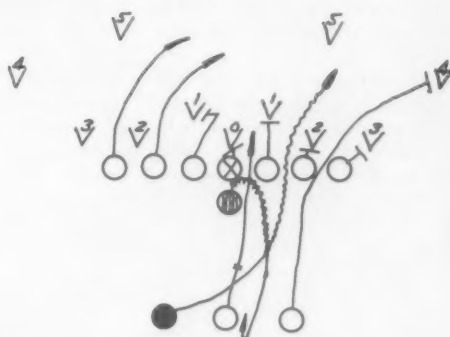
We shall cover the details of backfield play by describing the even-numbered running and passing plays.

DRIVE ZERO



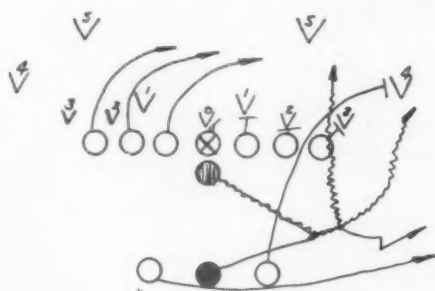
DIAG 6

DRIVE TWO



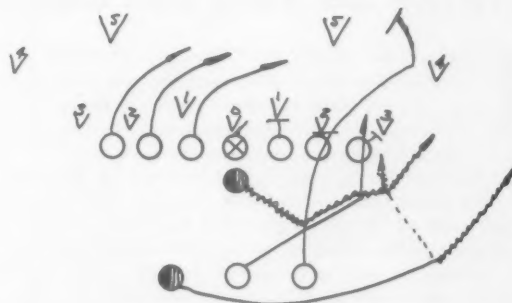
DIAG 7

DRIVE SIX



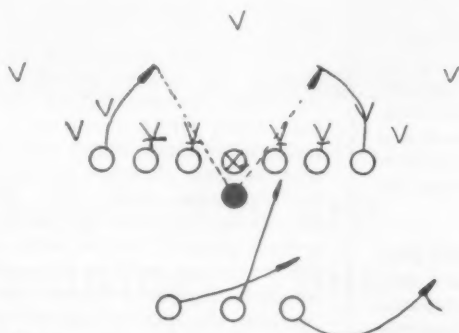
DIAG 8

DRIVE EIGHT



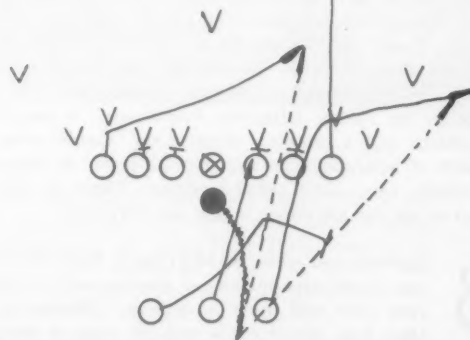
DIAG 9

DRIVE ZERO PASS



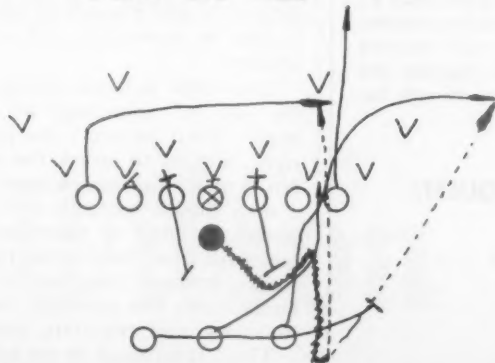
DIAG 10

DRIVE TWO PASS



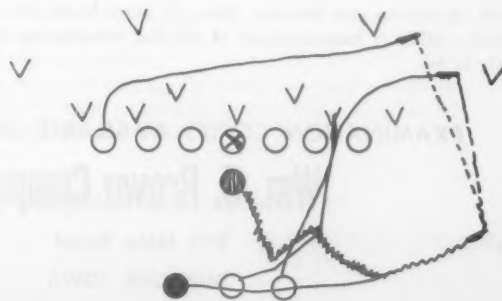
DIAG 11

DRIVE SIX PASS



DIAG 12

DRIVE EIGHT PASS



DIAG 13

Drive O is a power play which hits just to the right of the offensive center. It is a *bread and butter* play which hits quickly with the speed of a split T hand-off (Diagram 6).

The quarterback has the easy job of receiving the ball from the center, and giving it immediately to the fullback who drives by just to his right. The actual hand-off is made approximately a yard behind the line of scrimmage. After giving the ball to the fullback, the quarterback continues his fake to the off-side halfback.

The workhorse on drive O is the fullback who carries the *mail*. His first assignment is to form a pocket for the ball, then to receive it carefully, and finally to bull his way downfield. Once the fullback has received the ball, he has the prerogative of running to *daylight*. This is possible because each of the on-side offensive linemen is literally *option* blocking his respective defender.

The right halfback drives toward the line of scrimmage on a slight out-side angle. Then he veers sharply to his right, seeking to attack the defen-

sive No. 4 man.

The left halfback drives on an angle toward the tail of the offensive right tackle. As the left tackle approaches the quarterback, he adjusts his running angle so that he is able to drive close to the quarterback and to fake the reception of a hand-off.

Notice in picture Series D (page 16) how the fullback folds over the ball as he receives it from the quarterback. The fake could be improved if the quarterback would turn his body slightly after handing off to the fullback to hide the fact that he no longer has the ball.

Drive 2 hits in the vicinity of the offensive right guard and right tackle with the off-side halfback carrying the ball (Diagram 7), picture Series F (page 16).

The quarterback receives the ball from the center and fakes quickly to the fullback who is driving just to his right. As the fullback smashes into the line, the quarterback rolls with him, removing the ball from the fullback's pocket just as the left halfback veers toward the line of scrimmage. The quarterback places the ball in the pocket formed by the left halfback and again rolls his shoulders slightly toward the line of scrimmage to maintain split-second body and arm contact with the ball-carrier. As the left halfback drives into the line, the quarterback removes his empty hands and drops back directly behind the offensive tackle to fake a pass.

The fullback drives directly to the right of the center, forming a pocket into which the quarterback places the ball. Every effort should be made to have the fullback smash into the line with reckless abandon to insure the best possible fake. The fullback should fold over the ball as the quarterback places it in his belly to hide the movement and fact of its ultimate removal. As the fullback clears his position, the quarterback will remove the ball. The excellence of the fullback's job of faking can best be judged by the number of times he is tackled by more than one of the defenders.

The right halfback drives toward the line of scrimmage on a slight angle. Then he veers sharply to his right, seeking to attack the defensive No. 4 man. This attack upon the No. 4 man should be made with the objective in mind of maintaining contact with him. Notice the right halfback's primary intention is not to knock down this defender, but simply to attack and maintain contact.

The left halfback is the ball-carrier on drive 2. He drives on an angle

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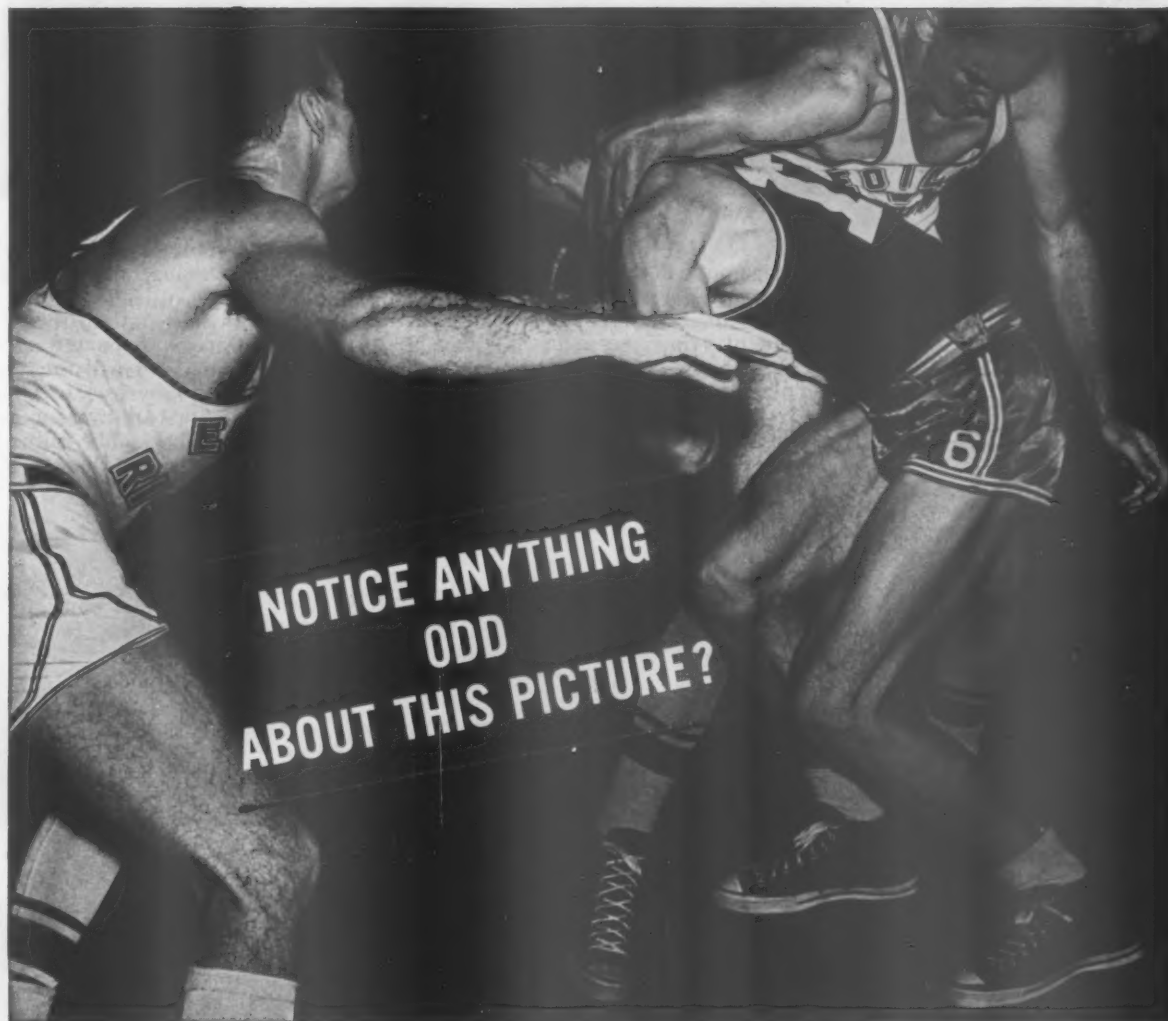
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### Series D

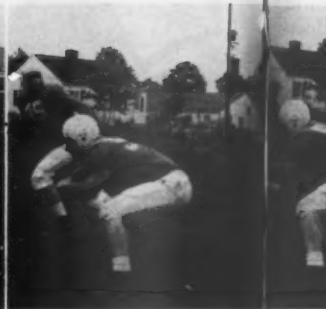
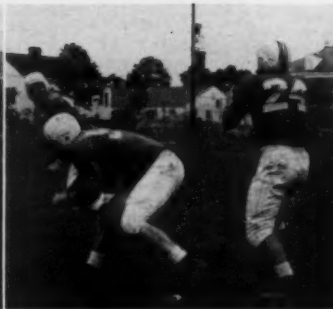
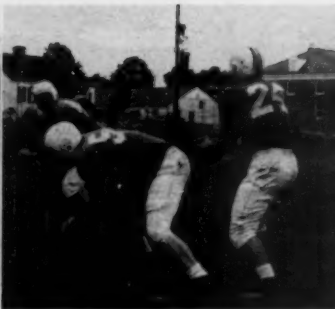
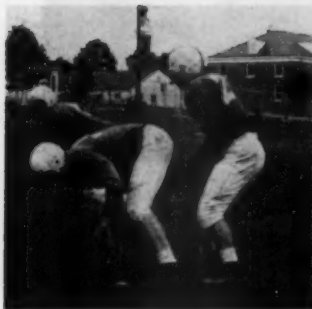
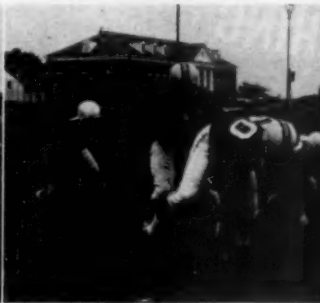
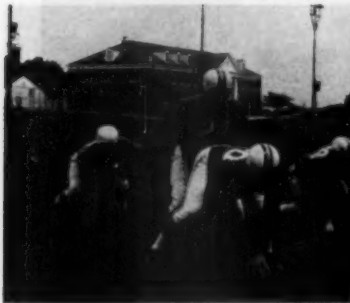
toward the tail of the right offensive tackle. As the left halfback approaches the quarterback, he adjusts his running angle so that he is able to drive close to him. Then the potential ball-carrier forms a pocket into which the quarterback places the ball. He ac-

drives back from the line of scrimmage on a 45 degree angle. His route will intersect with that of the fullback approximately three yards behind the line of scrimmage, and in the area of the offensive tackle. The quarterback places the ball in the pocket formed by the fullback's arms. Then the quarterback changes his direction to conform to that of the fullback. Both

chance of a fumble, the quarterback may choose to change the character of the play.

The fullback starts toward the line of scrimmage at approximately a 30 degree angle. His path will intersect with that of the quarterback who immediately places the ball in the pocket formed by the fullback. The fullback folds over the ball and changes his

### Series E



### Series F

cepts control of the ball and is free to run according to his best judgment, using the offensive line blocking as a guide.

Drive 6 calls for the fullback to carry the ball off-tackle (Diagram 8).

The backfield pattern changes on this play. After the quarterback receives the ball from the center, he

players run side-by-side toward the line of scrimmage. After several steps the quarterback removes his empty hands from the fullback's pocket and continues on faking a drive 8 option play. At his discretion the quarterback may remove the ball from the fullback's pocket and immediately begin a drive 8 play. Sometimes this play is necessary when a faulty block allows a defender to penetrate the ball exchange zone. To eliminate any

direction so that he angles sharply toward the line of scrimmage. Once the fullback feels the quarterback begin to pull away, and the ball is safely in the fullback's possession, he has the prerogative of running toward any break which might appear in the defensive alignment. Should the fullback feel the quarterback begin to remove the ball from the pocket formed by his arms, no attempt should be made to gain control of it. It is the

### Series G





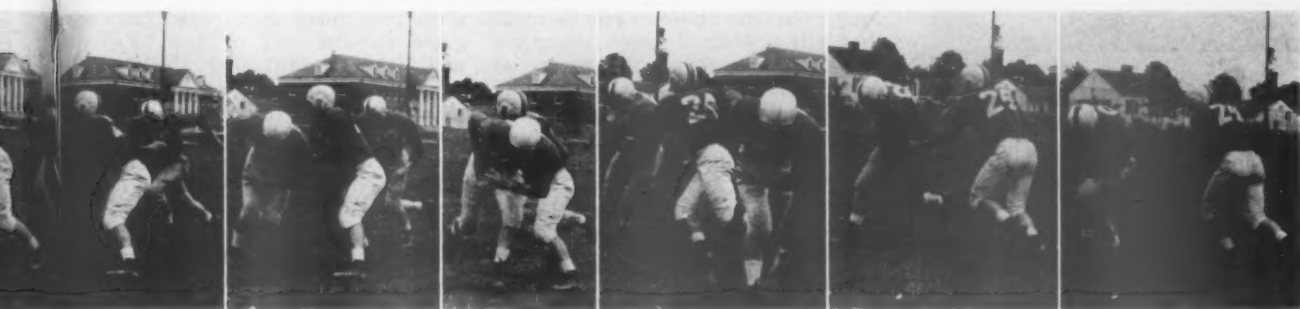
quarterback's prerogative to exercise this option.

The right halfback has a most important blocking assignment on this play. He drives toward the line of scrimmage on a slight angle, and then breaks sharply toward the defensive No. 4 man. The right halfback should attack this defender in a most aggressive manner, maintaining contact with

Drive 8 is the option play which is similar in some respects to its split T counterpart. The chief difference lies in the exchange of assignments between the fullback and the right halfback. The split T option play calls for the right halfback to fake and for the fullback to block. The drive series option does just the opposite. The halfback is a blocker, and the full-

back carries out the faking assignment (Diagram 9).

back carries out the faking assignment (Diagram 9).



inside position if possible.

The left halfback flares toward the right, attempting to gain outside position on the quarterback. This maneuver will carry out the fake of a drive 8 play. It will also place the left halfback in an advantageous position should the quarterback exercise his option to change the play from drive 6 to drive 8 due to unexpected circumstances which may arise on the line of scrimmage.

back carries out the faking assignment (Diagram 9).

The quarterback angles back away from the line of scrimmage at a 45 degree angle until his path intersects that of the fullback. Then he changes his direction to conform with that of the fullback as he places the ball in the fullback's pocket. The quarterback *rides* the fullback for a step or two and then removes the ball from the pocket. His next move is to focus

The fullback heads toward the line of scrimmage at approximately a 30 degree angle. As his path intersects with that of the quarterback, he forms a pocket in which the quarterback places the ball. The fullback drives toward a point formerly occupied by the offensive end. As the quarterback pulls away to begin to exercise his option, the fullback does his best to fake possession of the ball. If the fake is

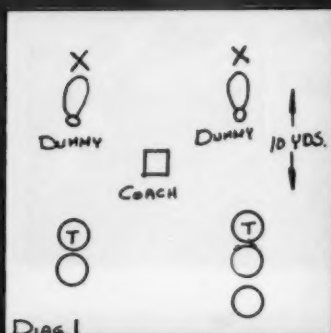
(Continued on page 52)





By **ROGER BAER**  
Athletic Director,  
Santa Cruz, California, High School

# Tackle Program



# for High School Players

**I**f a football coach could endow his players with a mastery of any of the fundamentals, without the usual period of training, which skill would he select? We believe the average coach would choose tackling ability not only because it is probably the most difficult technique to teach, but also because it comes closest to being considered an index of the total football efficiency. Other techniques such as passing, kicking, and running are more spectacular, but defensive ability is very often the foundation upon which the competent player can be developed.

Even under high school rules, where free substitution is permissible, we seldom find a good tackler on the bench at any time. This type of player is usually a fine blocker and possesses such a burning desire to play football that it is a waste of talent not to use him both ways. It was interesting to notice that many of the leading ground gainers in college last season were boys who had played nothing but defense under the double platoon system.

Tackling is apparently not an innate ability but has to be developed by the coach. Often this teaching must be started from the ground up in the average high school setup. Only in a school system where the junior high schools play tackle football or where the younger players compete in some sort of organized tackle ball such as Pop Warner Football, will the coach receive new players who have any degree of tackling ability.

In meeting this problem, too many coaches fail to consider the mental make-up of the boy who is out for football for the first time. Some believe in separating the men from the boys right away in a rugged head-on tackling drill. Their method is based on the theory that the way the boys react in a *ram and cannon* drill will indicate how eager and aggressive they are and whether they are worth future notice and development. This method undoubtedly works well for teams

who are especially blessed with talent and numbers, but we believe that it discourages some potentially good ball players. Some of the boys who do not show up too well in these initial drills have plenty of courage and an innate desire to play, but they are green, clumsy, and unsure of themselves. Even the wearing of unfamiliar equipment adds to the uncertainty in the mind of the beginning player. If he is thrown into a rugged drill in competition with more experienced players, without proper orientation, he is more than likely to be injured or receive an improper perspective of the game.

We do not mean to give the impression that the newcomer should be babied until he feels in the mood to play. After all, football is a contact sport and there is no place in the game for the lazy or faint-hearted boy. The conditioning drills and exercises should be as rugged for the new boy as for the veteran. If the freshman shows a disinclination to work hard or mix it up, he should be encouraged to go out for some more passive activity. Our contention is that it is not fair to push an unschooled boy into a drill which requires as much co-ordination and skill as tackling and expect him to show his possibilities immediately in comparison with more mature players. We would not place a non-swimmer in deep water and expect him to attack the new medium with the self-assurance of the expert. Although coaches are doing a much better teaching job today in building fundamentals and screening their teams, we believe it is possible to do more by using a gradual process starting with basic movements and incorporating them into a complete technique.

Our problem in developing tacklers at Santa Cruz is intensified by the fact that we cannot use players from the lower grades until they are sophomores. Our administrative policy does not allow any type of football other than flag or touch in the junior high schools. At first this seemed to be an insurmountable obstacle, but we have finally come around to the opinion that touch tackle can be very valuable as a logical beginning in the learning process for tackling. Contrary to other opinions, we believe that this activity has merit because it teaches the players to get into proper tackling position with good body balance without crossing their feet. Watch the beginner in a regular tackling drill and it will be noticed that the experienced runner will elude him by faking him out of position and causing him to tangle up

**R**OGER BAER played end under Amos Alonzo Stagg at College of the Pacific and then served as end coach for one year at his alma mater. The next seven years he was head coach at Ripon (California) Union High School and has been at Santa Cruz since 1945. He retired from coaching last year to devote full time to his duties as athletic director.





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his own feet. Through the medium of touch tackle, boys can be trained to watch the hips or belt of the runner and not take the head or shoulder fake. Other techniques, such as using the sidelines as a tackling aid and faking the runner into a target area, can be assimilated before the boy ever reports for tackle football. For this reason, we encourage flag and touch football in the junior high schools and use them as primary steps in our confidence-building tackling program.

The next step in the case of the beginning player is to try to give him a clear mental picture of what we mean by a good tackle. We attempt to do this by visual aids—motion pictures of good techniques, bulletin board pictures, and demonstrations of proper form. At the same time, we try to build up the concept that tackling is 90 per cent desire. In our opinion, this desire can be kindled more easily when the beginners are not discouraged at the outset of their football careers.

Our criteria for tackling form is probably similar to that of most coaches. The correct alignment of the body with the head up, eyes open, knees bent, and the feet well spread is emphasized. In considering the actual mechanics of the tackle, we advocate having the tackler hitting with the shoulder first and driving through before wrapping his arms around the runner. We like to have our defensive men lift with the arms after making contact and then carry the ball-carrier back with short, choppy steps. Our greatest trouble has been with beginners who wait for the runner, or who close their eyes and fail to keep their heads up. They are asked to watch the runner's belt and try not to lunge or cross their feet, but to retain body position as long as possible.

These body positions and techniques are practiced against tall dummies in our shoulder tackling drill (Diagram 1). Our dummies, which are over five feet high, have protected handgrips so that they can be held securely by one player when he is blocked or tackled by another. From a distance of ten yards, we have our players hit the dummies while we pay critical attention to their form. The first several times, they are asked to hit directly with their alternate shoulders and keep their elbows close to their sides. We do not want them to touch the dummies with their hands until they have conditioned themselves to the idea of jolting with the shoulder first. This is a splendid drill for preventing arm tackling and we use it whenever players are noticed regres-

sing to this habit. It is also an opportune time to emphasize the practice of keeping the head close to the target. We tell our players that one indication of good tackling is scraped skin on the side of the nose or just inside the helmets on the cheekbones.

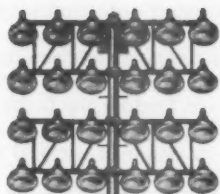
Now the swinging tackling dummies are used to give the boys an opportunity to hit a moving target. Our dummies are the standard type and are tied to a weight with a rope running through a pulley. Another rope is attached to the top of the dummy. If we suspect that our tackler is not keeping his head up and eyes open, the dummy is moved by jerking the rope. This type of tackling dummy is also valuable in practicing the short, choppy steps after initial contact. It is possible to adjust the weight at the end of the rope and make it a real achievement to take the dummy down and bring the weight up to the pulley.

In our progression to live tackling, the group is divided into two lines and set five yards apart. The players are designated as either tacklers or runners. Our first step is to have the tacklers, emphasizing form, come in at reduced speed, hit with the shoulder, wrap the arms around, and lift and carry back about three yards before depositing the runners back on their feet. This drill is speeded up gradually by increasing the distance between the lines and having the runners coming in at different angles to be tackled and taken completely off their feet. Now is the right time to show at controlled speed, the techniques of head-on, side, and rear tackling. The runner is also taught how to cover up the ball and protect his arms and face when going down.

This is a drill which should be repeated for the first few days of practice, increasing the speed of the runner and the tackler. It will finally work into the drill that is used every day of the season. After our calisthenics and limbering up exercises, the backs and line separate and pair off according to size. Then they will tackle one another six times with each shoulder. Our players use this drill even in the warm-up period before games.

The next step in live tackling works in with the early season exercises which we are using to try to build up the players' legs and increase their starting speed. In the drill shown in Diagram 2 three lines of tacklers are sent down under punts in an attempt to tackle the safety. This is an ideal practice for the player who has been

(Continued on page 50)



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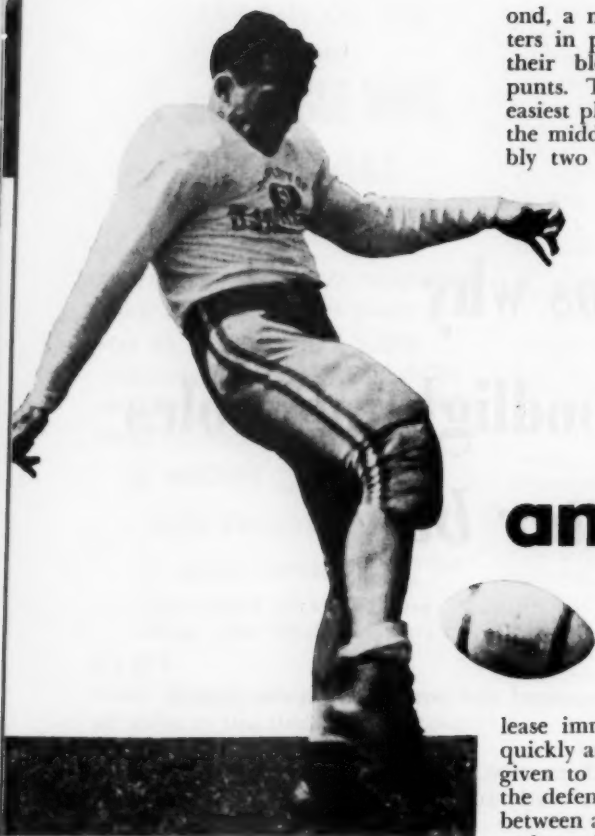
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ond, a number of T formation centers in particular need assistance on their blocking when centering for punts. The best and probably the easiest place to block a punt is down the middle. As a result, one or possibly two interior linemen cannot re-

because a number of teams will gamble and try for the first down.

2. All of the defensive players must be aware of the fact that the return is on or they are loading up to block the punt. The defensive signal-caller can use either a visual or an oral sig-

# Punt Return Formations and Principles

By DONALD E. FUOSS  
Football Coach, Shepherd College

**M**ANY coaches feel that the time required to teach and perfect the punt return is neither justifiable nor worth-while. They also maintain that it is not possible to execute a punt return with profitable results against a team that is employing the spread punt formation. Such arguments are questionable because considerable evidence indicates that a number of high school and college coaches have employed the punt return with considerable success against all types of kicking formations. We maintain that good results can be attained if certain principles and tactics are adhered to and put into practice. The mechanics advocated for the planned returns and the stunts for blocking punts are not original, but are merely the result of study, observation, and trial-and-error experimentation.

It is a recognized fact that since so many teams employ the T formation offense, little time and opportunity are afforded centers to practice passing the ball for punts. Consequently, a number of centers have difficulty passing the ball with speed and accuracy to the punters. This factor alone will eliminate using the spread punt formation where the center must pass the ball 13 to 14 yards. Sec-

lease immediately to cover the kick quickly as blocking assistance must be given to the center. Therefore, with the defensive team varying its tactics between attempting to block the punt and employing the return, a considerable amount of pressure is exerted on the kicking team.

As an illustration, one of our tight games was broken open last fall on a 95-yard touchdown punt return. The opposition was expecting the return the next time they were forced to punt and, showing the same defensive alignment as previously, their attempted punt was blocked, thus setting up our second touchdown. Adhering to certain principles and employing certain defensive formations and stunt maneuvers, we set up a number of touchdowns with planned punt returns and blocked six punts during our eight games. The time allotted to teaching and perfecting the punt returns, and on maneuvers for blocking punts, was well spent and showed profitable results.

## Principles and Suggestions

Certain basic factors must be kept in mind when employing any punt return. These principles are as follows:

1. The planned return is used only on a definite kicking down. We must be reasonably certain the offensive team is going to punt. Even on fourth down, with less than a yard to go for the first down, we cannot be certain

nal to denote which tactic is going to be employed. We prefer having our signal-caller stand with his back to the offensive team's huddle, and use a visual signal by opening or closing his hands in front of his chest to indicate which side the safety man will come to in returning the punt. It is suggested that one side or the other be designated even when the signal is given that the linemen and/or linebackers are going to try to block the punt. Although the maneuvers for blocking the punt have failed, if the defensive players will peel back to the side designated, many times they will be able to shake the ball-carrier loose for additional yardage. The ball-carrier does not deviate from his pre-arranged course unless it is definitely closed to him.

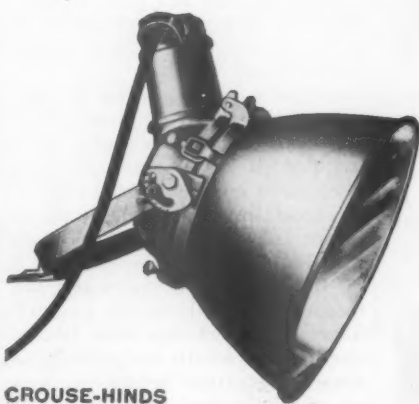
3. Unless the defensive team is *red-dogging* the punter, the same defensive alignment should be used for the planned return and when attempting to block punts. The use of different types of returns is not excluded as a team might wish to employ a single, double or triple safety on the return, and either a single or double safety when attempting to block punts. It is not likely that a punt will be blocked, unless by accident, when a team is using a 5-3-3 defense.

This blocking of punts will be explained under *The Punt Return Versus the Spread Punt*. However, even in this case two men are rushing hard, putting pressure on the punter, and could block the punt. In any



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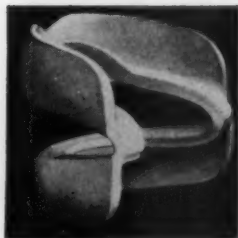
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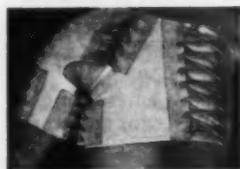
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event, if the defensive formations appear to be the same, the opposition is not certain whether the return is going to be employed or an attempt will be made to block the punt. They may or may not guess correctly and thus additional pressure is placed on the kicking team. Otherwise, the kicking team will key on the defensive alignment and attempt to get free quickly, cover fast on the return, and block solidly if the defensive team shows that it is loading up to block the punt.

4. When receiving the punt deep in a team's own territory, it might be advisable not to use the planned return or to use only a single safety man. A number of teams employ two men deep with considerable success in this situation. However, many coaches will not attempt to use the return with a double safety when handling the punt inside their own 20-yard line because of the possibility of a fumble. In fact, a number of coaches feel the only time to use the planned return is when the opposition is kicking from its own territory, and the receiving team has room to execute a good criss-cross without any danger of fumbling deep in its own territory. We prefer to use the return with the single safety man on such occasions, although we have also had success with the return when using two men deep in such situations.

After the ball has been kicked, the following factors and principles must be taken into consideration by the defensive team:

1. The safety man must handle the ball on the fly to eliminate the roll. The ball must be caught and not fumbled. It is the consensus of opinion among coaches that this factor is the most important one if the punt return is to be executed successfully.

2. The defensive linemen must hold up the offensive linemen and not attempt to set up the screen too quickly. They should charge into the offensive linemen solidly and attempt to get some penetration before swinging to set up the screen. If a double safety is being used, the success of the criss-cross hinges on the ability of the defensive linemen to delay the players of the kicking team at the line of scrimmage. If this hold-up is well organized, the criss-cross is assured sufficient time to develop.

**Six-Man Football  
MAGAZINE**

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C. J. O'CONNOR

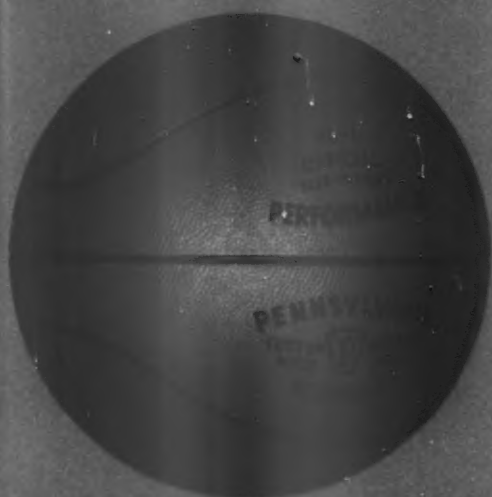
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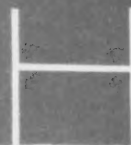
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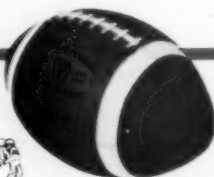
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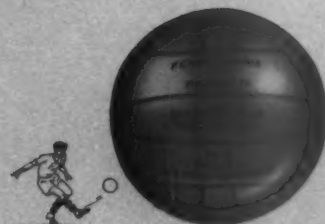
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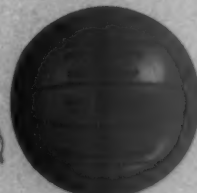
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**A**FTER graduating from Catawba College in Salisbury, North Carolina, Donald Fuoss started his coaching career at Bethany College. At Shepherd College in addition to football, Fuoss is basketball coach and athletic director. Last season Fuoss' team blocked five punts and six conversion attempts and set up several scores due to long punt returns.

3. When forming the wall for the ball-carrier, the defensive linemen should swing wide, with each man keying on the player in front of him in the screen. These men should turn to the inside with their backs to the sideline so they are looking directly across the field and can see the kicking team's men pursuing the ball-carrier. A common error is to leave too much space open between the men who are setting up the screen, enabling the pursuing players to penetrate the wall. Some coaches advocate that the players should be almost shoulder to shoulder, while others maintain the players in the wall should be approximately five yards apart.

4. For the most part, the players in the wall should be instructed to wait for the pursuing players to come to them rather than go out after these men. If the safety men execute their maneuvers correctly, they will bring the pursuing men to the wall rather than force the screeners to go after them. Depending on the circumstances, it is best if the wall is set up on the side of the field inside the hash mark. If the wall is set up too far toward the middle of the field, there is a strong possibility that a member of the kicking team will come in behind the wall on the blind side of the screeners. The screen should be set 10 to 12 yards from the sideline if it is possible.

#### Punt Return Versus the Regular Punt

It is likely that a team will have greater success with the planned punt return against the tight or regular punt formation teams. Defensively,

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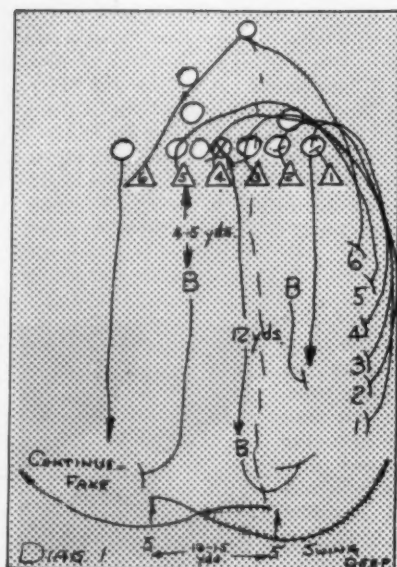
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one or two men may be stationed deep. A team is likely to have more success with the return which employs a double safety because it is difficult for the punter to kick the ball very far away from both receivers. Either a six, seven or modified seven-man line may be used.

Diagram 1 shows the punt return right with a 6-2-1-2 defensive alignment versus the regular or tight punt formation. The defensive ends are lined up on the outside shoulder of the offensive ends if they are tight. Usually, with a right-footed kicker in the regular or tight punt formation, the right offensive end is wide and the left end is in close or tight. Defensively, then the right end is on the outside shoulder of his man and the left end is inside his man. The tackles are outside the tackles, and the guards are head-on the guards. Since the return is to the right side, numbering the six defensive linemen from right to left, the right end becomes the No. 1 man and the left end the No. 6 man in the screen. Generally, the duties of the six defensive linemen will consist of crashing hard into their respective players and meeting them on the offensive side of the line of scrimmage. They will attempt to get some penetration and hold up their men for several counts before swinging to their right side to form a screen for the ball-carrier. Specifically, the additional duties and responsibilities of the defensive linemen are as follows:

**Right end**—must run at top speed back toward the receiver on his side of the field and select the spot to start setting up the screen as he becomes the No. 1 man in the wall.

**Right tackle**—tries to telescope the

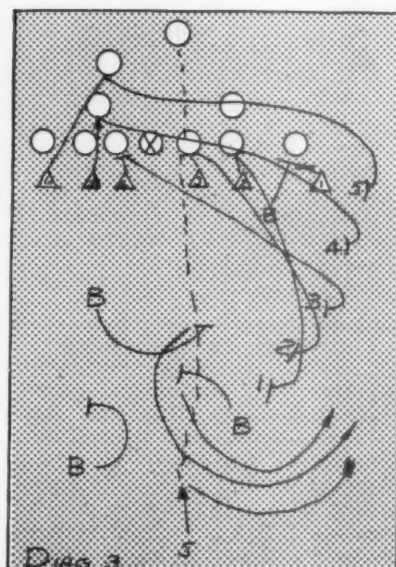
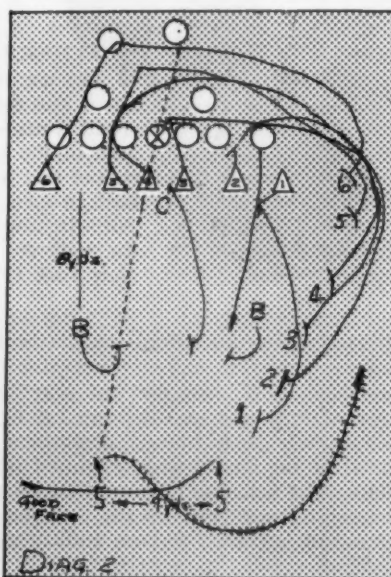
tackle before swinging wide to key on his end as he becomes the No. 2 man in the screen.

**Right end and left guards**—try to contain the offensive guards and center and jam the middle of the line by charging into the seams. They must be careful not to hold the offensive players. If the splits are too great and they cannot jam successfully, then they play their own guards, swing right, and become the No. 3 and No. 4 men in the wall.

**Left tackle**—makes an effort to contain his tackle and the near back by charging into the seam and trying to force both men to play him. If neither man plays him hard, he drives through for the punter, attempting to block the punt. If he is played hard by his tackle or the near back, he swings to his right and keys on the left guard as he becomes the No. 5 man in the wall.

**Left end**—is responsible for exerting the maximum pressure on the punter. He makes an all-out effort to block the kick by going directly toward a spot in front of the kicking foot of the punter. The left end tries to get by the second back with a head fake. If he fails to block the punt, he circles and becomes the No. 6 man in the screen.

The two linebackers are lined up approximately four to five yards behind their respective tackles, with the middle back approximately 12 yards deep head-on the offensive center. The double safety men station themselves approximately 12 to 15 yards apart. Their depth depends upon the ability of the punter, wind, and the other conditions which must be taken into consideration when the



offensive team is expected to punt the ball.

As they come down the field, the two linebackers take an inside position on the offensive ends. They play the ends in such a manner that the ends cannot interfere with the exchange or fake exchange between the two safety men. A straight shoulder block is recommended, but the linebackers should not block these ends too soon. Notice in Diagram 1 that while the right linebacker is taking an inside position on his end to keep him from interfering with the exchange, if the defensive end has telescoped this man and he is slow coming downfield, the linebacker can hook him in. If he comes fast he must be taken out, and the defensive end will fight to get free to pursue the ball-carrier and come right into the players in the wall who will be waiting for him.

The back who is in the middle position will handle the short punt if it is in his territory. If possible, he should make an effort to get behind the screen. Otherwise, he returns the punt up the middle, fighting for as much yardage as possible. He does not attempt to execute an exchange or criss-cross with any of the other backs. However, his primary responsibility is to block any man who comes down the middle threatening the exchange of the ball between the two safety men. If the defensive guards have not been successful in jamming the middle, in all probability the offensive center will be covering fast on the punt. Then it is the middle back's responsibility to block this player.

The two deep men key on each

(Continued on page 74)

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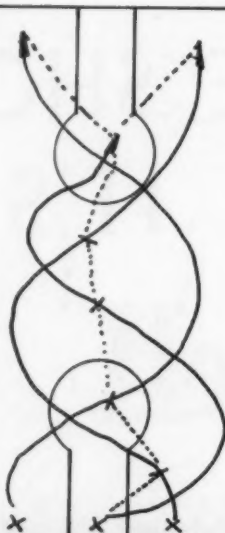


# Developing the Fast Break

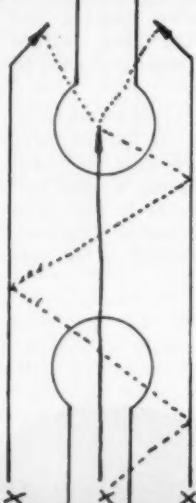
By MIKE CORCORAN

Basketball Coach, Horace Mann School, New York City

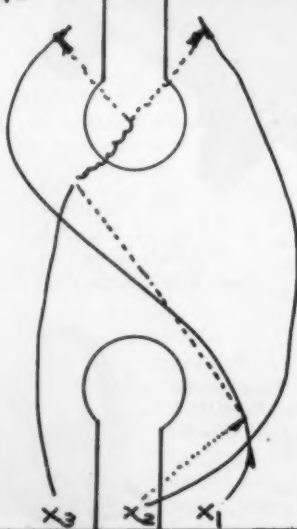
DIAG 1



DIAG 2



DIAG 3



It has been the fast break type of play which has brought about the increased popularity of basketball. No play is as thrilling to the spectators, or the player, as a well-executed fast break movement.

In order to have a good running game there is no substitute for hard work. An organized and planned attack, stressing development and control, is essential.

When a running game is played the team must strive for perfection. Mistakes will be numerous at first, but hard work and time will reduce them to a minimum.

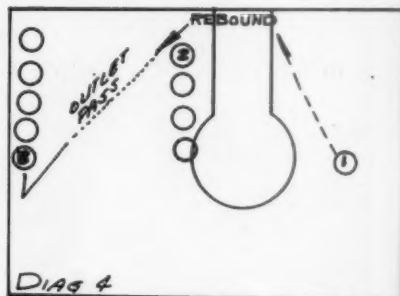
We start to develop our break by using a series of ball-handling drills while running at top speed. Speed, sound ball-handling, alertness, timing, and topnotch physical condition are necessary for a successful fast break game. Our elementary drills are shown in Diagrams 1 through 4.

Diagram 1 shows a three-man weave, the length of the floor. The middle man starts the weave, passes, and goes behind the man to whom he passed. This drill stresses passing, speed, and timing.

A three lane drill which stresses timing and ball-handling, while moving at top speed, is shown in Diagram 2. Our middle man passes to the side and the ball is returned to the center. Then it goes from side to side until we get to the scoring area where the middle man must have the ball so we can pass off to either side.

The drill shown in Diagram 3 is started the same as that shown in Diagram 1. 02 passes to 01 who holds up momentarily and throws a long lob pass to 03 who has broken down the floor. We have our boys work on this pass so they will be ready to take advantage of a team that does not hustle back or one that does not have defensive balance.

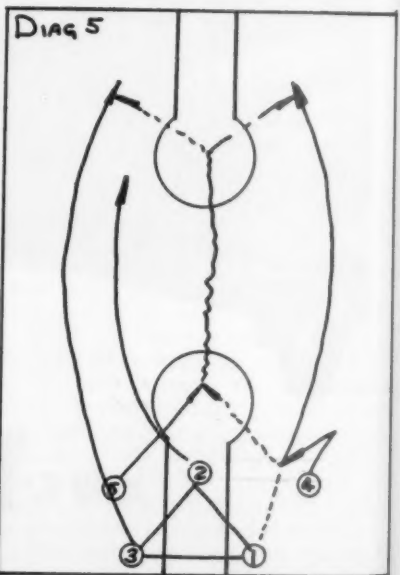
Because good, aggressive rebounding and the fast pass out are the most essential factors in the fast break, quite some time is spent on these fundamentals. Diagram 4 shows how we line up for our rebound and outlet pass drill. 01 throws the ball off the board. 02 rebounds, and without



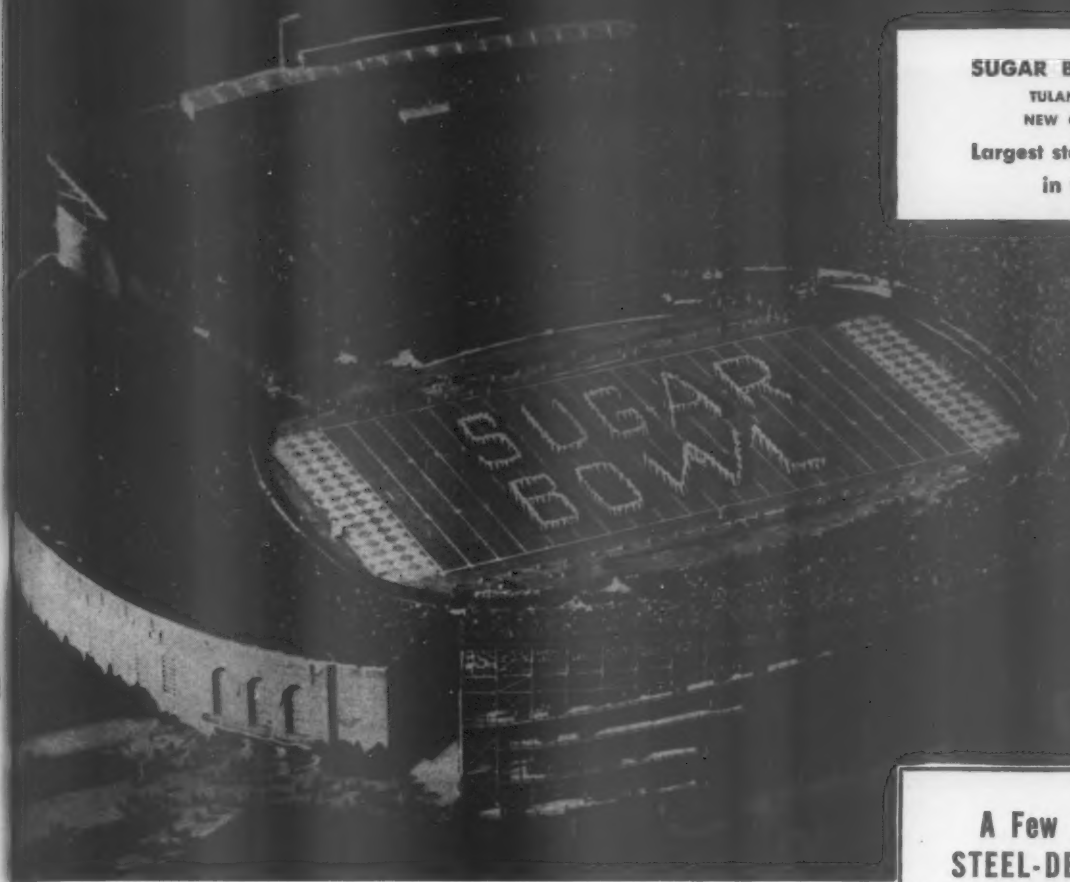
dribbling, throws an outlet pass to 03 who breaks to meet the pass. In this drill we try to instruct the boys to look for the outlet as soon as they get possession. Speed in getting our break started is of prime importance. While working on this drill, 05 uses the hook pass, the two-hand overhead pass, and the baseball pass.

Next we give the boys our fast break pattern which is shown in Diagram 5. 01, 02, and 03 form a rebound triangle. 04 and 05 are the outlet men. 01 rebounds and throws the outlet to 04. The opposite side outlet man, 05, cuts into the middle to receive the second pass. The off-

(Continued on page 63)







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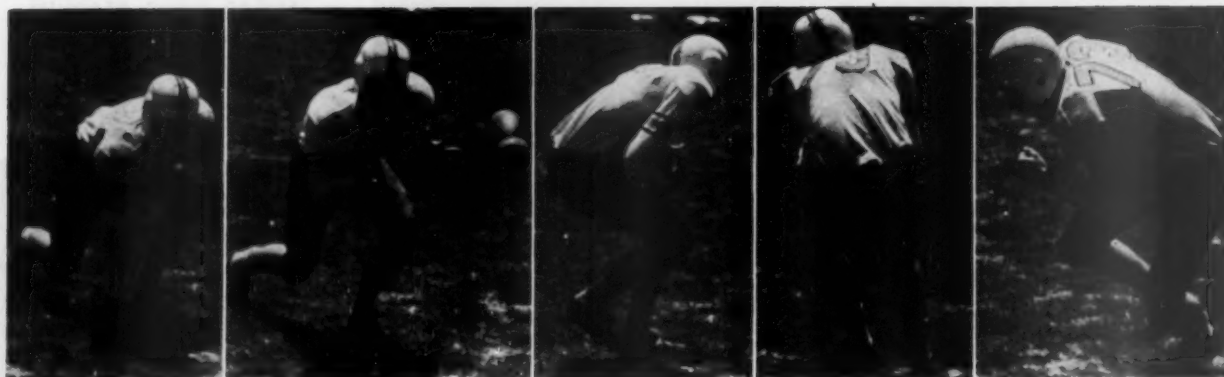
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## FULLBACK KEEP

# Deception in the Single Wing— The Spinner Series

By EARL "WHITEY" SCHUBERT

*Supervising Principal and Advisory Football Coach, Public Schools, Delmar, Delaware*

**A**T a recent football clinic for high school coaches, the head coach of one of the country's leading universities asked those in attendance, numbering over 200, how many were using the single wing attack. A total of five brave souls gallantly raised their right hands. After the laughter had died away, the coach up front made two rather inconsistent statements. His first, and he probably was joking, was to the effect that the single wing was simply an old-fashioned system of offense. Yet a little later he stated that one of his toughest games was with a little known college that ground out yardage on him with this worn-out system of play. Actually, our friend, the head coach, was being a little facetious, because he knew that the well-drilled single wing attack is one of the most potent offenses in modern-day football.

The old concept of the single wing

**"W**HITEY" SCHUBERT graduated from Western Maryland College and coached at Massanutten Military Academy in Woodstock, Virginia for two years and at William Penn School in New Castle, Delaware for one year. He resigned from Principia in St. Louis, Missouri this past spring after nine years of coaching football and basketball and serving as athletic director. The pictures accompanying this article were taken at Principia where "Whitey's" teams won 18 of their last 25 games. He has served as national chairman of the private schools' section of the A.A.H.P.E.&R.

featured the straight-ahead thrusts, the bone-crushing forward wall, mixed

on occasions with a straight reverse or the strong-side pass to the down-and-out man or into the flat. Today, possession is still all-important but the concept of single wing offense has changed drastically. The development of the fullback and tailback spinner series, the traps and cutbacks, the flankers and man-in-motion variations, and the intricate pass patterns not only from the set and running positions, but also off the deep reverses has made single wing football deceptive, effective, and popular to watch by today's football fans who demand wide-open styles of play. In addition, it has become extremely difficult to defend against.

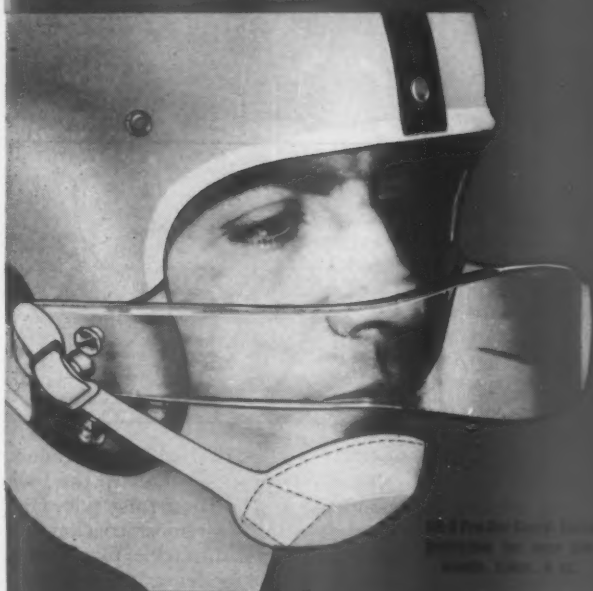
In this article we will deal entirely with one phase of this attack, the fullback spinner series.

Diagram 1 shows how we space our backs behind the unbalanced line, right or left. Possibly the only major difference in this alignment from the one used in most single wing attacks is that we line our tailback up direct-

## FULLBACK HAND-OFF TO TAILBACK



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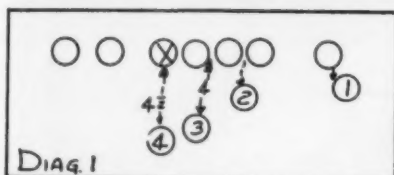
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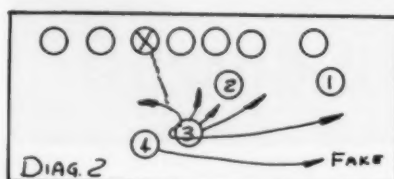
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## FULLBACK HAND-OFF TO WINGBACK

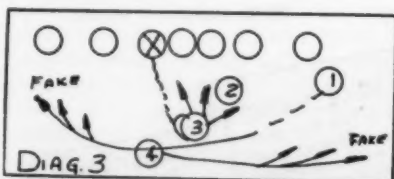


ly behind the center instead of a yard or two to the left. We believe that in this position the tailback gets off faster to the strong side on the important outside plays and cutbacks. We also try to hide the No. 2 or blocking back in close to the line of scrimmage so that his varied move-



ments cannot be observed easily by the defense.

Naturally, the first sequence of plays would involve the No. 3 or fullback keep series. The snap should hit him approximately at the waistline just to the right of his left hip, and he should receive it close to his body



## BUCK LATERAL OFF THE SPINNER SERIES

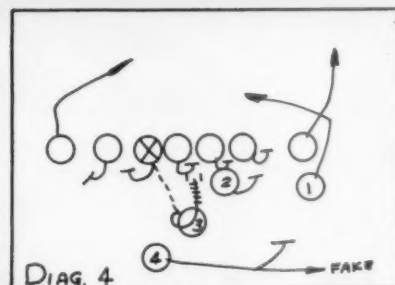


and preferably with his right hand, using his left hand in a sealing or steadying manner. He begins his spin on the ball of his right foot and in a semi-crouch, an instant before the ball reaches him after the snap. Of course, if the single wing is left, he does this on his left foot. The No. 4 or tailback brushes by him to the strong side at full speed and also in a semi-crouch. Number 3 gives a pronounced fake hand-off with his left hand and No. 4 fakes the bootleg to the right. Number 3 completes his spin and continues on to the hole, hiding the ball close to his body at the waistline with his right hand and driving hard and low. Diagram 2 shows the various angles he may run toward the line of scrimmage.

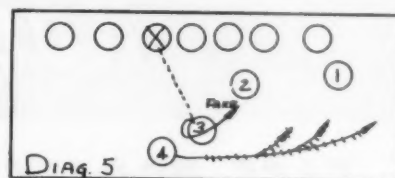
In the play shown in Diagram 3, the wingback may add to the deception by coming through on the fake reverse, leaving either before or on the snap, whichever makes for better timing on the play or is more formidable in throwing the defense off balance.

If the defensive linebackers are playing tight or even crashing, the offensive No. 3 back can easily hit receivers with a short pass in the close secondary, using a standard, or button-hook pass. A number of patterns may be used, and one that has been effective for us is shown in Diagram 4.

In the next sequence of fullback spinner plays, the No. 3 back gives the ball to No. 4 and completes his spin and fake back into the line, or he may fade with his back to the de-



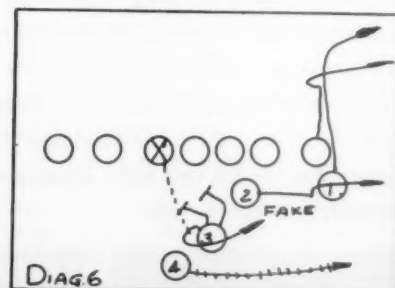
fense in a false passing movement. Number 4 continues on with the ball, bootlegging it to the strong side. One of the nation's foremost coaches has stated that the off-tackle play emanating from the sequence just described is the most consistently successful



play in the single wing attack (Diagram 5).

As in the 3-back keep sequence, the No. 4 back can pass from this series,

(Continued on page 72)





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# Backfield Play for the Multiple Offense

By **RICHARD F. MARQUARDT**  
*Wilbur Wright High School, Dayton, Ohio*  
 and  
**PAUL E. WAGNER**  
*Fairmont High School, Dayton, Ohio*

OUR article "Rule Blocking for Unbalanced Line — Single Wing and T" appeared in the *September 1954 issue of the Athletic Journal*. Throughout the fall and winter we had numerous requests regarding the type of plays used with the rules. In this article we will try to give a bird's-eye view of what can be done with the varied offenses in high school football.

In our attack we rely about 60 per cent upon the single wing formation and its variations, with the T, double wing, and their variations making up the remaining 40 per cent.

We believe it is necessary to number the backs for uniformity and simplicity; therefore, our quarterback is No. 1, the wingback on the unbalanced attack is No. 2, the fullback is No. 3, and the tailback is No. 4. These positions will be noticed in Diagrams 1 and 2.

In selecting our personnel several general ideas are kept in mind. First, the fastest boy is usually our wingback because the single wing is as good as its weak-side attack. In our quarterback we look first for a blocker, then for a passer and a ball-handler. The tailback should be quick, a good passer, and an excellent open field runner. As in any attack our fullback must get the two yards when we need it. We sacrifice speed for blocking ability.

In selecting the single wing series we have set up a system designating the series similar to that used by the T teams. It is as follows: 10 Series —

full spin by the fullback. 20 Series — half-spin by the fullback. 30 Series — straight power by the fullback. 40 Series — direct series by the tailback. 50 Series — half-spin by the tailback. 60 Series — buck lateral.

The coach can add to the series as the team progresses.

We have nine holes across the line, starting with one, outside the strong-side end, and ending with nine, outside the weak-side end. Each intervening hole is on the outside hip of the offensive lineman.

In numbering the play we use the first number to designate the series and the second to indicate the hole which the ball will eventually go through. The linemen listen only for the last number. An example would be play 18. The ten series indicates full spinner and No. 8 tells the linemen and the backs the hole the play goes through.

In working with the wingbacks and quarterbacks we have designed rules for them, just as we have for the linemen.

For the quarterback they are as follows: One Hole — the quarterback fakes a block on the first man past the 2 hole, releases inside, and blocks the first man in his path. Two Hole — blocks on the first man past the 2 hole. Three Hole — fakes down the line of scrimmage outside the end, except when he is involved in ball-handling. Four Hole — traps the second defensive man past the strong-side guard. Five Hole — jab steps to the strong side, then traps the first

A year ago these two authors collaborated on an article entitled, "Rule Blocking for Unbalanced Line—Single Wing and T." Since that time they have had numerous requests for additional information and have appeared on a panel at a football clinic. This article is a logical follow-up to the first article. Richard Marquardt graduated from Denison and then stayed on the next year as an assistant under Woody Hayes. Then he coached at Northridge High School in Dayton for three years, winning one league championship. Paul Wagner became associated with Dick Marquardt through serving as the latter's backfield coach. He spent one year at Eaton, Ohio, High School, and since 1952 has been backfield coach at his present location.

man inside the center except when he is handling the ball. Six and Seven Holes — when he is not involved in ball-handling, the quarterback jab steps to the strong side, then pulls through the hole and blasts in. Eight Hole — jab steps to the strong side, then leads the play through the eight hole and blasts in, when he is not involved in ball-handling. Nine Hole — blocks in on the first man outside our weak-side end.

For the wingback: One Hole — if there is a man on the wingback's nose or inside the gap, he blocks in; if not, he blasts the nearest linebacker in. Two Hole — if there is a man over the strong-side end, he drives in; if not he blasts in. Three Hole — if there are more than two linebackers, he blasts in; if not, he cracks out. Four Hole — he cracks out. Five Hole — he cracks the safety out. Six and Seven Holes — if he is not involved in ball-handling, he cracks out. Eight Hole — if he is not involved in ball-handling, he cracks the safety in. Nine Hole — if he is not involved in ball-handling, he cracks the safety out.

10 Series-Play 14—The quarterback follows the 4 hole blocking key. The wingback also follows the 4 hole blocking key. After a full spin the fullback fakes to the tailback and drives through the 4 hole. The tailback fakes a hand-off from the fullback, and cracks out.

10 Series-Play 18—The quarterback follows the 8 hole blocking key. The wingback pulls to the weak side and carries the ball through the 8 hole.

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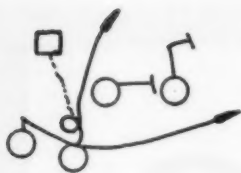


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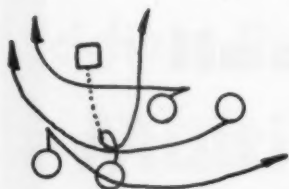


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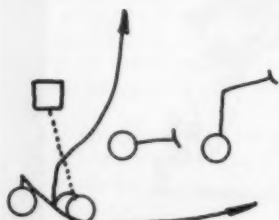
PLAY 14



PLAY 18

After a full spin the fullback fakes to the tailback, hands to the wingback, and continues through the 4 hole.

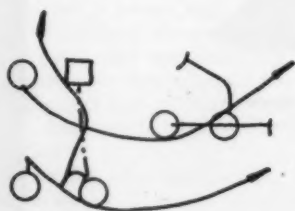
20 *Series-Play 24*—The quarterback follows the 4 hole blocking key. The wingback also follows the 4 hole blocking key. After a half-spinner the fullback fakes to the tailback and drives through the 4 hole. The tailback fakes a hand-off by the fullback.



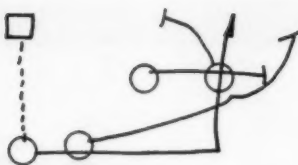
PLAY 24

20 *Series-Play 22*—The quarterback follows the 2 hole blocking key. The wingback also follows the 2 hole blocking key. The fullback does a half spin, fakes to the tailback, hands to the weak-side end coming around, and goes through the 8 hole. The tailback fakes receiving a hand-off by the fullback and looks for a pitch-out.

40 *Series-Play 42*—The quarterback

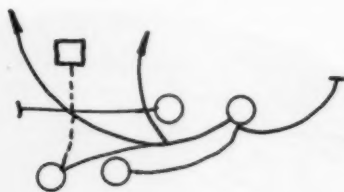


PLAY 22



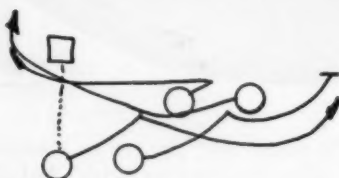
PLAY 42

follows the 2 hole blocking key. The wingback also follows the 2 hole blocking key. The fullback hits directly at the end, fakes, and cracks out. On a direct pass, the tailback takes five steps to the strong side and cuts through the 2 hole.



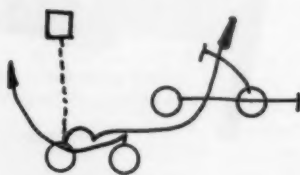
PLAY 45

40 *Series-Play 45*—The quarterback follows the 5 hole blocking key. The wingback pulls through the 7 hole and fakes a run. The fullback hits at the end, fakes, and cracks out. The tailback fakes a hand-off to the wingback and cuts through the 5 hole.



PLAY 47

40 *Series-Play 47*—The quarterback follows the 7 hole blocking key. The wingback turns to the inside, takes the inside hand-off from the tailback, and goes through the 7 hole. The fullback hits directly at the end, fakes, and cracks out. The tailback takes a direct pass from center and hands to the wingback coming around.



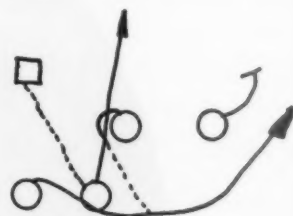
PLAY 52

50 *Series-Play 52*—The quarterback follows the 2 hole blocking key. The wingback also follows the 2 hole blocking key. The fullback fakes to the weak side. The tailback half spins and hits the 2 hole.



PLAY 55

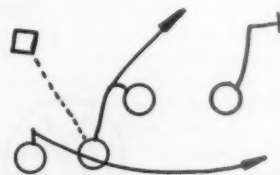
50 *Series-Play 55*—The quarterback follows the 5 hole blocking key. The wingback drives through the 7 hole. The fullback fakes to the weak side. The tailback half spins, fakes first to the fullback behind, next to the wingback in front, and then hits the 5 hole.



PLAY 61

60 *Series-Play 61*—The quarterback pivots to the weak side, receives the ball from the fullback, and pitches to the tailback. The wingback follows the 1 hole blocking key. The fullback hits into the 5 hole, and hands to the quarterback. The tailback takes the pitch-out from the quarterback.

60 *Series-Play 63*—The quarterback pivots to the weak side and fakes a



PLAY 63

pitch-out to the tailback. The wingback follows the 3 hole blocking key. The fullback blasts into the 3 hole. The tailback fakes receiving a pitch-out from the quarterback.

60 *Series-Play 68*—The quarterback pivots to the weak side and takes the



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JRNAL



## USE THE SUPPORTERS WORN BY THE WORLD'S CHAMPION NEW YORK GIANTS

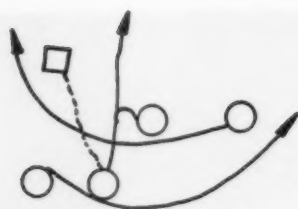


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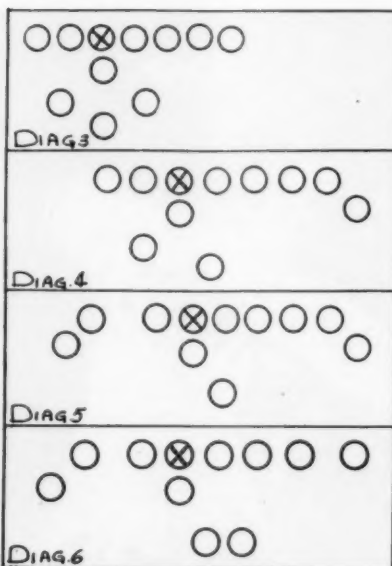


**PLAY 68**

hand-off from the fullback, then gives to the wingback coming around. The wingback pulls to the weak side, takes the hand-off from the quarterback, and goes through the 8 hole. The fullback hands off to the quarterback. The tailback fakes to the strong side.

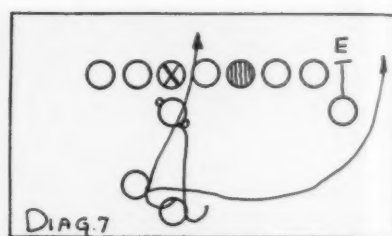
We have explained and shown our single wing attack from an unbalanced line. Now we will explain our unbalanced T plays. Our single wing plays, which have been shown, and these unbalanced T plays are in the indirect attack category because most of this blocking is trapping and a slight delay in the backfield is necessary. These plays follow the rule blocking which was given in our previous article.

Our players run from four actual backfield formations when our T is



being used. These are shown in the following four diagrams. Diagram 3 shows our T; Diagram 4 shows the T-100 formation. The T-200 formation is shown in Diagram 5 and and T left halfback up formation is shown in Diagram 6.

We also have a T-300 formation which is the same as our T formation.



However, when a T-300 formation is called, the ball is centered through the quarterback's legs to the fullback who then actually starts a single wing play by a spin of some type or a buck lateral maneuver. The quarterback would call, in the huddle, T-300, and then the single wing series play to be run.

When a T play is to be run from one of our four T formations, the quarterback will call the formation and then add the back to carry and the hole he will hit. Our indirect or delayed T attack is shown in the accompanying diagrams.

In the play shown in Diagram 7 the quarterback reverse pivots on his right foot. He fakes to the fullback with his empty right hand. Then he steps on back to the left halfback, giving him the ball with his left hand. After handing off, he sets up as if to

used by more  
universities, colleges and high schools  
than any others  
in the field

**SPOT BILT**

**FOOTBALL SHOES**

**KANGAROO**

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pass or fake a bootleg around to the weak side. The right halfback takes the defensive end in. The fullback fakes into the 4 hole. He has the option of faking or leading interference around the 1X hole. The left halfback uses a cross-over step and then steps with his right foot. He receives the ball from the quarterback on the second step. Then he sprints around end with the ball. This play may also be run from the T and the T-200 formations.

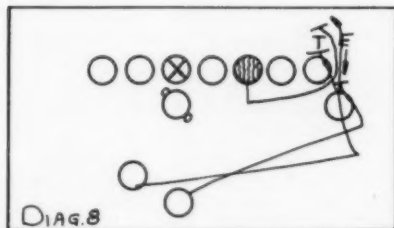
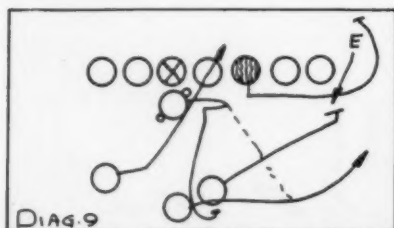
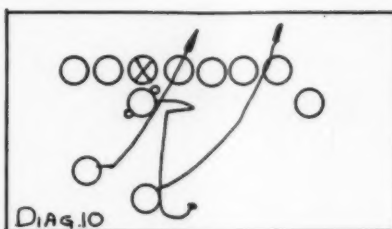


Diagram 8 shows a play in which the quarterback reverse pivots on his right foot, steps straight back, and hands off to the left halfback. Then he sets up as if to pass or fake a bootleg around the weak side. The right halfback follows the 2 hole blocking key. The fullback executes a good fake as if he were going wide around end. Then he cuts in and takes the defensive end out. The left halfback plays the same as he does at the 1X hole, except he cuts off tackle sharply.

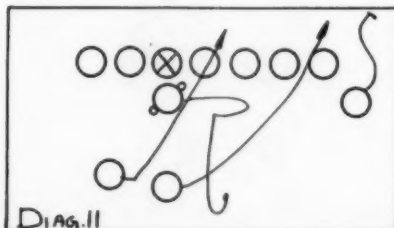


In the play shown in Diagram 9 the quarterback takes a step back with his right foot at a 45 degree angle. Then he executes a forward pivot on his right foot and pitches out to the fullback as he pivots. After he pivots, his back should be facing the line of scrimmage. Next he fakes a hand-off to the left halfback with his right hand. Then he steps back and sets up as if to pass. The right halfback hooks the defensive end in. The fullback gives a little ground, receives the pitch-out from the quarterback, and carries around the 1X hole. The left halfback takes a cross-over step with his left foot, and then takes a step with his right foot towards the sideline. He pivots on the second step and fakes into the 4 hole. This play may also be run from the T and the T-200 formations.



may also be run from the T-100 and T-200 formations.

Diagram 10 shows a play in which the quarterback uses the same action as the fullback does at the 1X hole. He hands to the fullback after his first step and pivot. Then he fakes to the left halfback, goes back, and sets up as if to pass. The right halfback follows the 3 power blocking rule. The fullback carries into the 3 power hole. The left halfback's actions are the same as those of the T fullback at the 1X hole. This play may also be run from the T-200 formation.



In the play shown in Diagram 11 the quarterback uses the same actions as the fullback does at the 3 power hole, but instead gives the ball to the left halfback. The right halfback carries out the 4 hole blocking rules. The fullback hits into the 3 power hole and executes a good fake. The actions of the left halfback are the same as those of the fullback at the 1X hole and at the 3 power hole. He is the ball-carrier through the 4 hole. This play may also be run from the T, T-200, and T left halfback up formations.

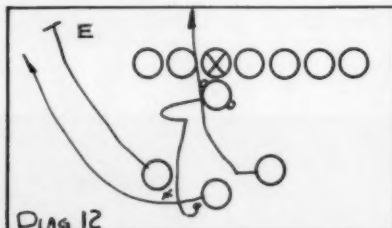
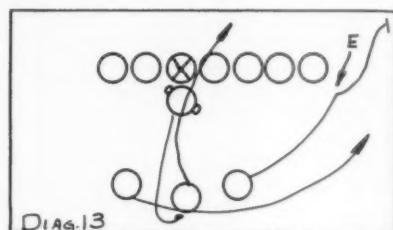


Diagram 12 shows a play in which the quarterback's actions are the reverse of those used by the left halfback at the 4 hole. The right half-

back's actions are the same as those of the fullback at the 9X hole, only he comes through the 7 hole. The fullback fakes receiving a pitch-out from the quarterback and sprints around end. The left halfback fakes hooking the defensive end in and cracks out. This play may also be run from the T-100, T-200, and left halfback up formations.



In the play shown in Diagram 13 the quarterback reverse pivots on his right foot and hands off to the fullback with his right hand. He steps on back and fakes to the left halfback with his left hand. Then he sets up as if to pass or fake a bootleg around to the weak side. The right halfback fakes as if he were going to hook the defensive end in. He goes on downfield and cracks out. The fullback carries the ball into the 4 hole. The left halfback fakes at the 1X hole. This play may also be run from the T-100 formation.

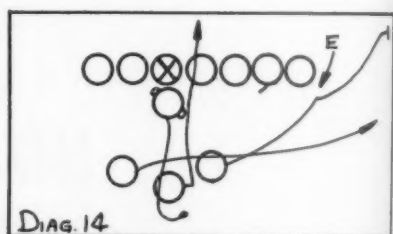


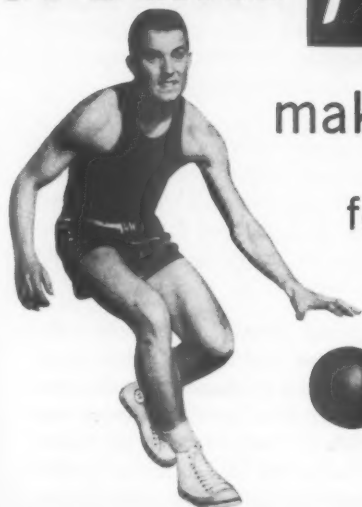
Diagram 14 shows a play in which the quarterback fakes to the left halfback and gives to the fullback. Then he sets up as if to pass. The right halfback's actions are the same as those of the fullback at the 4 hole. The fullback counter steps right, waits until the left halfback clears, and then goes in hard as he did at the 4 hole. The actions of the left halfback are the same as those of the fullback at the 4 hole, except he goes one yard closer to the line of scrimmage. This play may also be run from the T-100 formation.

In the play shown in Diagram 15 the quarterback reverse pivots as did the right halfback at the 9X hole and hands the ball to the fullback with his left hand. He steps on back and

(Continued on page 69)



# SPECIAL **"P-F"** FEATURE



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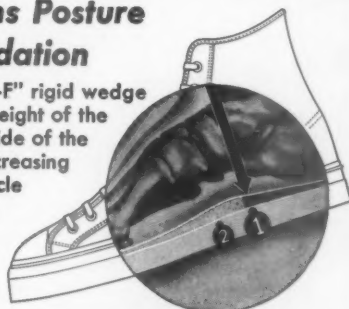
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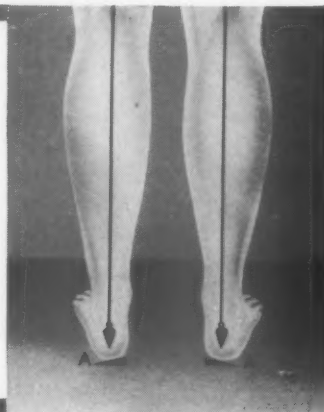
2. Sponge rubber cushion



X-RAY DIAGRAM ILLUSTRATES THE SCIENTIFIC PRINCIPLES OF "P-F"

## BODY WEIGHT ON OUTSIDE

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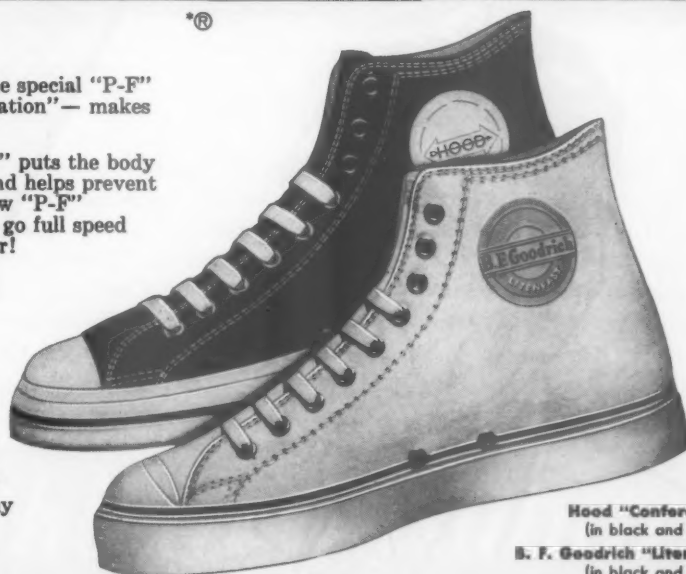


**Look at the X-ray diagram.** See how the special "P-F" feature—the one and only "Posture Foundation"—makes "P-F" Basketball Shoes different.

**Look at the leg diagram.** See how "P-F" puts the body weight on the outside of the normal foot and helps prevent tired, strained foot and leg muscles. See how "P-F" increases endurance . . . helps your players go full speed longer . . . helps them play their best longer! And remember . . .

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B. F. Goodrich "Litenfast"  
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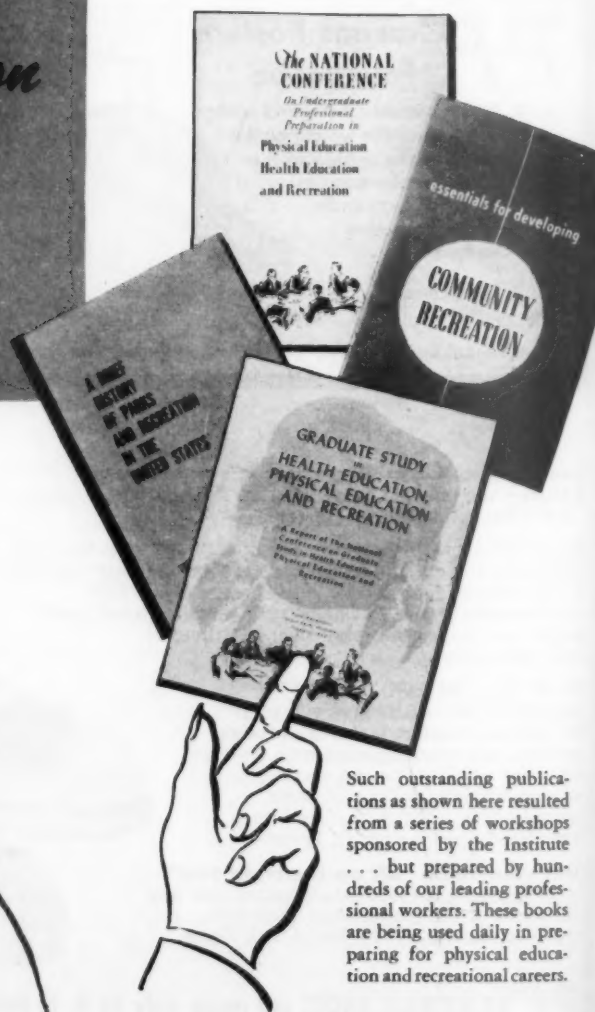
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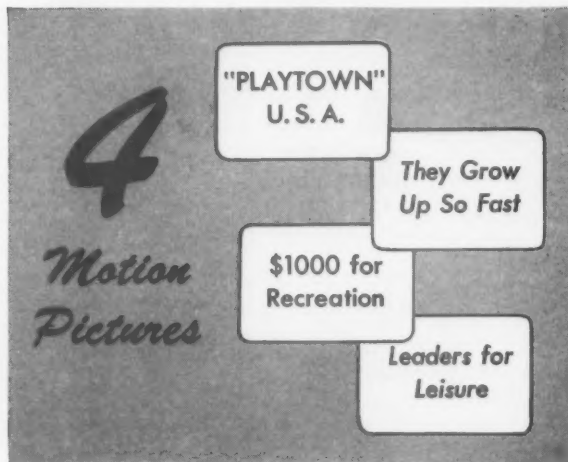
THE ATHLETIC INSTITUTE, 209 S. STATE ST., CHICAGO 4, ILL.



This seal, prismatic of the Athletic Institute, identifies its members.

# THE Athletic Institute

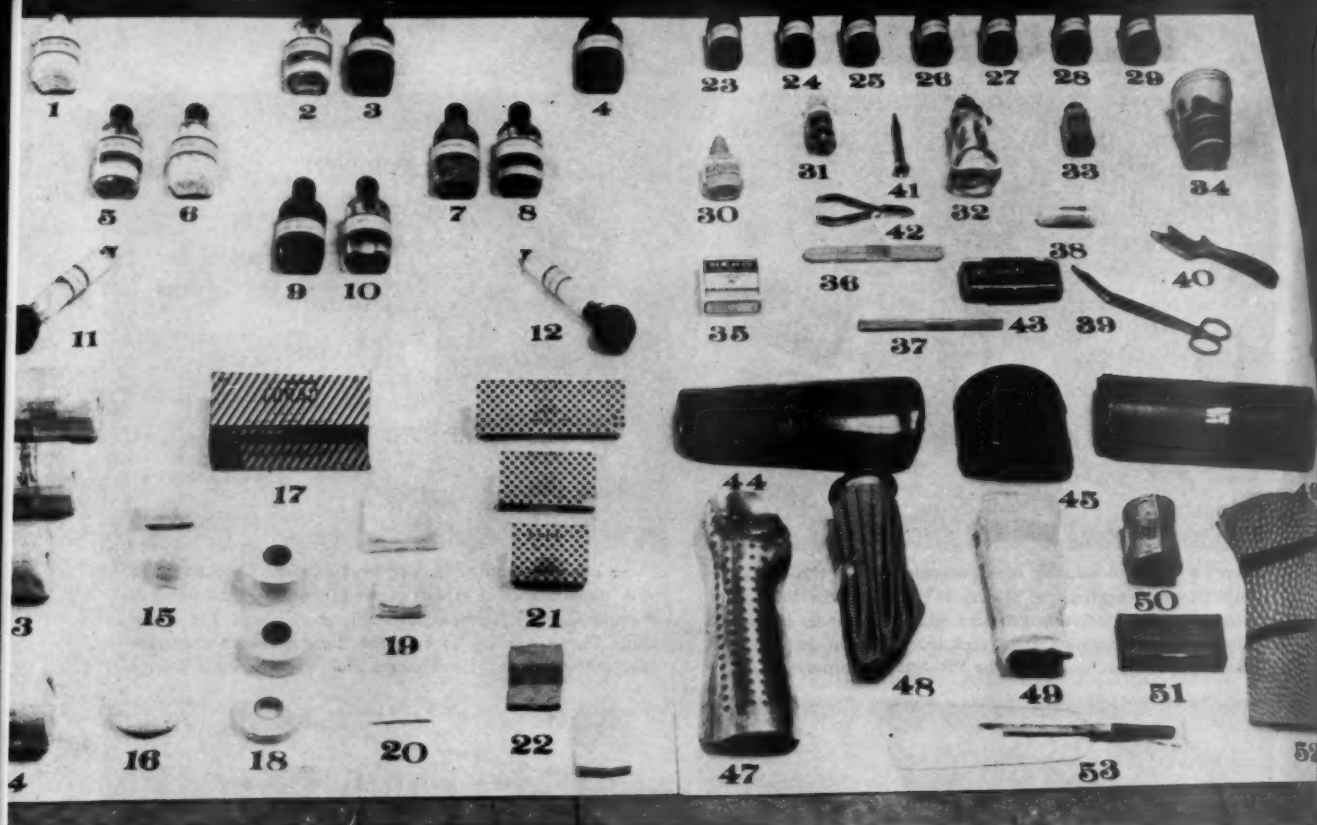
A NON-PROFIT ORGANIZATION DEVOTED TO THE ADVANCEMENT OF ATHLETICS, RECREATION AND PHYSICAL EDUCATION



Three motivating films, financed by the Institute and produced with the assistance of experts in the profession, are helping to promote adequate programs, leadership and facilities. The newest film, "They Grow Up So Fast," has been produced under the joint-sponsorship of the Institute and 4 professional groups.



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By **SAM R. LANKFORD**  
Head Trainer, University of Florida

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12. **Sulfathiazole Powder** — Good for wounds on fleshy parts of body.
13. **Elastoplast Assorted Sizes** — This comes in three sizes that are useful and is used for strapping up sprains and strains of broad areas.
14. **Charley Horse Elastic Wrap** — Used for wrapping up thighs or other large circumferences that have deep bruises.
15. **Gauze, Roller** — Used primarily for ankle wraps and holding sterile dressings in place. Inch and a half is more versatile than the half inch.
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17. **Plastic Bandages** — Good dressing for small wounds or blisters.
18. **Tape** — The three sizes of inch, half-inch, and inch and a half are used for holding dressings in place and for support of ankles and other parts of the body including knees, shoulders, etc.
19. **Gauze Pads** — Used for surgical dressings. Three inch and two inch pads are the most useful sizes.
20. **Surgitube** — Good for dressing fingers and toes to hold dressings in place.
21. **Webril Assorted Sizes** — Used for analgesic packs and dressing.
22. **Sponge** — The white one is the surgical sponge and the other is harder. Both are good for protecting bruises and tender spots.
23. **Athletic Ointment** — A good grease for abrasions and blisters.
24. **Ichthammol** — Good for drawing boils to a head.
25. **Sulfathiazole Ointment** — For infectious sores.
26. **Sun Glare Ointment** — For protecting eyes from glare.
27. **Butesin Picrate** — Good for blisters and burns.
28. **Firm Grip** — For good grip on footballs and basketballs.
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33. **B. F. I. Powder** — Helps foot and crotch fungus.
34. **Six Ounce Cup** — Used for giving water or medicine.
35. **Neko Soap** — For cleaning and sterilizing injured area.
36. **Tongue Depressors** — For splints, applying salves, and inspecting the throat.



37. **Swab Sticks** — For making cotton swabs and dressings.
38. **Inhaler** — For colds and running noses.
39. **Scissors** — For cutting off tape and for dressings.
40. **Tape Cutter** — For cutting tape off ankles or limbs.
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42. **Nail Clippers** — For cutting ingrown and split toenails.
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44. **Rubber Shin Guard** — For protection of tender shins. It is very light and has fiber board in the center.
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46. **Fiber Board Guard, Large** — This board is used for shins and larger areas.
47. **Aluminum Hand Splint** — This is a light splint for a sprained or broken wrist or hand.
48. **Ice Bag** — For stopping internal bleeding and swelling.
49. **Knee Pad** — This pad is made of sponge rubber on the inside and has an elastic covering so that it can be used for knee and muscle protection.
50. **Elastic Bandage** — For giving support when wrapped around injured part, and to prevent swelling by pressure.
51. **Wire Splint** — This splint is used for support after a heavy cotton layer has been placed around the injured member.
52. **Knee Brace** — Allows bending but not sideways movement of the knee.
53. **Plastic Wrist or Hand Splint** — This plastic splint is very useful for wrists and hands.

#### Training Room Supplies and Their Uses Other Than Those Listed for the Sideline Medical Kit

1. **Scalpels** — For opening pimples, festers, etc.
2. **Mouthpieces** — For protection of teeth.
3. **Trunk** — For carrying training room supplies on trips.
4. **Portable Diathermy** — For deep heat therapy.
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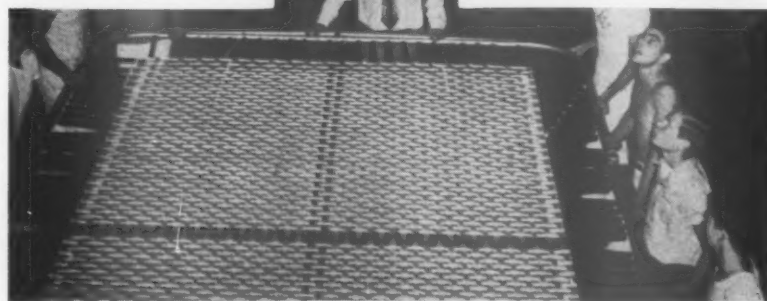
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# Teaching Athletes to "See"

**P**ROBABLY nothing is more frustrating to a coach than to watch his end hit in the shoulder by a perfect pass, or his forward ignore a side pass while cutting into a close basket. No statistics have been kept on such *lateral visionary mishaps*, but there is not a coach in the field who has not reached for a chewing towel after such incidents.

In the off-season such events are discussed occasionally, and the consensus is that some boys have extraordinary lateral vision while others do not. And, for those who do not, the opinion has been that it is just one of those unfortunate, but unchangeable situations.

Such is not the case. Unfortunate, yes; but incapable of being corrected—no!

Having been one of those fortunate college athletes who had wide lateral vision, we had difficulty watching boys miss passes which could have produced long gains or easy baskets. Until the past year we were resigned to the fact that nothing could be done.

During a hot-stove league discussion, the subject of natural-born athletes came up, and surprisingly, there was complete agreement that the majority of good athletes are developed, not just born.

If the matter of great muscle co-ordination is a developmental proposition, then why not carry this process to a higher degree? Too many coaches stress the complete training of muscular co-ordination, yet completely ignore the athlete's most important assets, his eyes.

Thinking back to military days, it was recalled that many recognition classes could raise the *sight* level of the eye to an extraordinary peak of flash viewing, or night observation. The thought came to mind that, if it was possible to raise sight efficiency in one area, why not in another phase.

A consultation with an oculist indicated that studies revealed there was no definite limit to the efficiency-peak of sight should a pattern of exercises be observed faithfully.

Question. What is a good exercise to develop lateral vision?

**W**ILLIAM PLUTTE graduated from San Francisco State in 1940. Following four and one-half years in the navy he joined the Richmond School System. Plutte holds a master's degree in health education and although his school work has been primarily in the field of administration he has done considerable research into various phases of athletics and physical education.

Through various trial and error experiments a grid pattern was developed. The vision-grid was a square checkerboard chart, one square foot, with black and white areas one inch square.

Two of these grids were drawn up on lightweight sheet steel. Four magnetized inch square blocks were milled, two white and two black.

A three-week conditioning program was outlined for the eighth and ninth grade boys concerned with the test. As a basis for reliability, the two groups of boys were to meet daily for ten minutes per group. Each boy would be exercised for two minutes and serve as an assistant the remainder of the time.

The team was made up of an observer, a right tester, a left tester, and the boy being tested.

Specific responsibilities called for the observer to stand directly in front of the boy being tested at a distance of three feet. His task was to present a point of focus for the boy and, incidentally, see that no cribbing went on. The boy was to focus on the observer, and, when called upon, alternately by the left and right testers, was to announce in which square the magnetized blocks were placed on the grid. The testers would place the blocks on the grid, out of view, and when ready, hold the plate at right angles to the side of the boy at a distance of four feet. A movable stand was erected, upon which the grid could be placed, so the testing would not deviate.

The first day's test was a 45° angle from dead ahead.

As quickly as the boy determined the block placement on one side the tester on the opposite side would flash his grid.

The actual times blocks were correctly located the first day, for the total of 16 boys at two minute time lengths were 43 right eye, 39 left eye.

We realized, belatedly, the possibility of eye discrepancies, and to bring the statistics to a proper adjustment, a vision guard was developed. This was a strap-on shield that protruded five inches out from the nose and precluded the possibility of either eye compensating.

The actual test program was then started.

To avoid cumbersome statistical data, the following summary is offered to indicate the process, and the results.

Beginning with the 45° vision test, the program progressed only after the preceding day's total vision count was exceeded at any particular angle.

At the end of the fifteen-day trial, four of the boys had co-ordinated their lateral vision so they could check the blocks at a point to 10° behind their full side angle, with both eyes.

All but two of the boys, who had, it was discovered, particular visionary difficulties, were able to determine grid placements from areas of 15° forward of side view, to full side view.

This was progression, since, prior to the operation of the program none of the boys had been able to note grid placement at 25° from the side view. In fact, they all expressed doubt regarding whether the whole program would be of assistance to them.

We felt the testing program indicated not only a possibility of lateral vision improvement, but a real need for it.

Since we will open a new high school this fall, the program will be carried on, and improved when possible.

There is little doubt, from the present results, that athletes can be taught to see.

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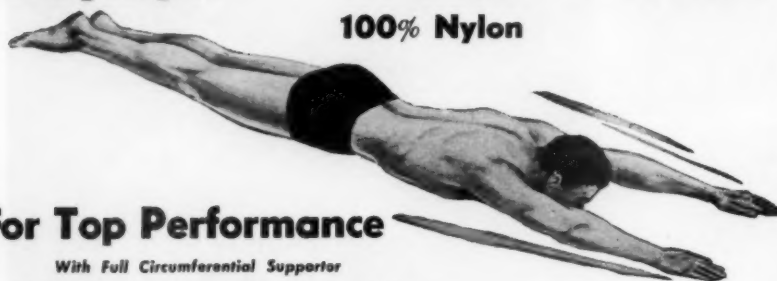
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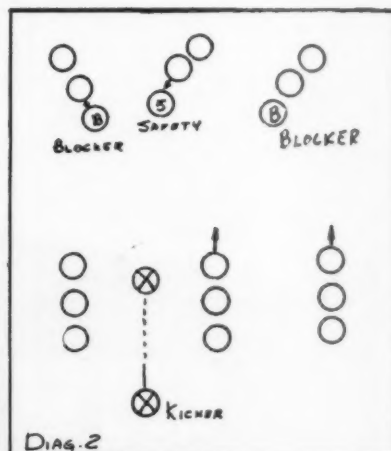
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## Tackle Program

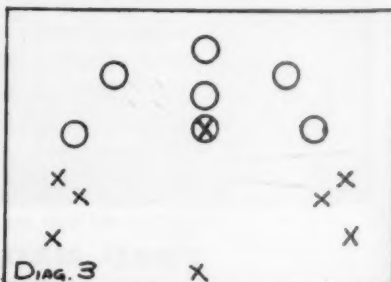
(Continued from page 20)

given his fundamentals and can now try them out in a game condition. Usually, early in the season, the kicks are not too long and the safety men do not get too much time to gather momentum. Thus, the tackler receives several chances at open field tackling. Later on we put one or two blocking backs back with the safety and show the tackler he must be able to ward off or elude the blocker, protect his territory, and keep proper body balance in making the stop.

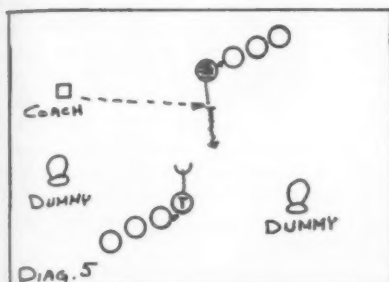
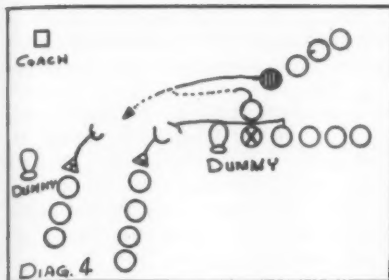


Our first scrimmages are a combination of active and passive blocking and tackling. Two teams are lined up and only the linebackers and defensive halfbacks are named live tacklers. The offensive line can block the tertiary defenders but may only get blocking position on the defensive linemen. This drill helps develop team tackling, teaches proper rotation against running plays, and encourages the defensive men to come up aggressively to make the tackle.

Another favorite is the seven-on-seven drill which is shown in Diagram 3. The offensive team is composed of a complete backfield, a center, and



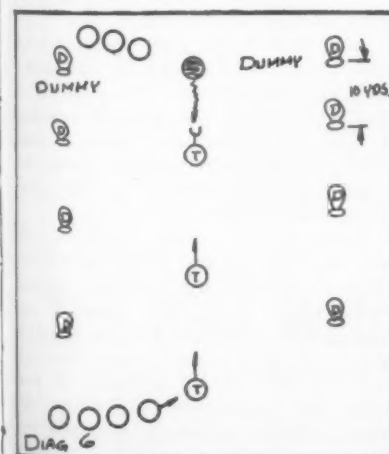




two ends. They try to complete passes or run the ends against a defense composed of linebackers, ends, and defensive halfbacks. Although this is essentially a drill for pass defense and offense, we use it to sharpen up our tackling. The ruggedness of this scrimmage can be controlled by having the ends come in hard or easy. We can also have the backers and halfbacks either tag or tackle. There is no massed interference and the drill provides tackling under game conditions.

Other drills which are used during the season for our more experienced tacklers are shown in Diagrams 4 to 6. Diagram 4 shows a combination drill which starts with the quarterback tossing off to a halfback who tries to elude one or two tacklers. When a linebacker and an end are both used on defense, a guard may be sent out to run interference.

Diagram 5 shows a straight-on tack-



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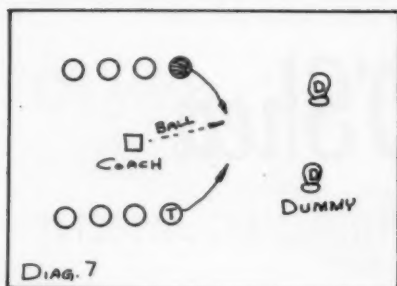
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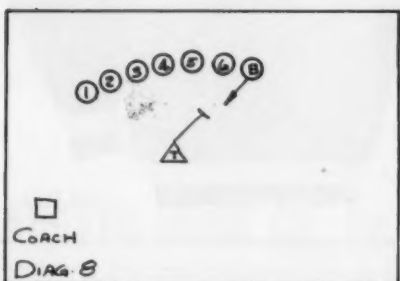
ling drill with the coach or another player throwing the ball to the runner. Dummies are used as boundary lines in this and most of the other drills.

Diagram 6 shows the *gauntlet* drill in which the runner attempts to get through three tacklers spaced ten yards apart. The tackler stays in his area until he makes a tackle, then he moves up one station with a new tackler filling in behind.

Diagram 7 features angle tackling and can be used from either side.

In Diagram 8 we see a modification of the *bull in ring* drill. Blockers are called out rapidly, one at a time, by name or number. The defensive man in the front tries to keep a tackling position and use his hands and arms to protect his body.

We have found that there is no definite time when a player may assimilate these steps in the tackling program. A few boys will show their natural aggressiveness immediately after being given fundamentals on the dummies. Others will work the entire season and still be inadequate defensive men. Some players may make a lucky or inadvertent tackle, gain confidence, and become a tiger on defense. Regardless of these individual differences, a coach will be repaid many times over if he will consider the immaturity of the average beginner and give him a chance to develop. The extra time spent on tackling will pay dividends on better blocking, better team morale, and a knowledge that a real teaching job has been attempted, and not a shotgun method of selecting the best football players.



## Drive Offense

(Continued from page 16)

good, the fullback will be tackled near the line of scrimmage. If the fake has been poor, the fullback will be allowed to break past the line of scrimmage. Should this happen, the fullback should anticipate the route of the ball-carrier and try to be of some help downfield.

The right halfback drives toward the line of scrimmage on a slight angle. Then he veers sharply to his right and drives toward the defensive No. 4 man. However, he passes this defender and continues downfield to attack the defensive No. 5 man. His primary objective is to maintain contact with this opponent.

The left halfback flares toward the right, attempting to gain outside position on the quarterback. He should always be ready to receive a lateral pass from the quarterback who may choose to exercise his option at any time. If the quarterback chooses to keep the ball, the left halfback should break sharply downfield in case the quarterback has an opportunity in the future to lateral.

The drive offense passing attack is a logical addition to the running offense. Time should be spent developing this phase of the attack so that it is a constant threat to the opposition. A poorly developed passing attack will allow the opponents to play their deep defenders in a manner which could place considerable additional pressure upon the drive offense running game.

The drive 0 pass is a quick pass to either end if possible. The quarterback stands up immediately after receiving the ball and fires a short pass across the line. If both ends fail to clear, he takes another step back and passes to the flaring right halfback. If all receivers are covered, the quarterback should tuck the ball under his arm and do his best to get back to the line of scrimmage (Diagram 10), picture Series F.

The drive 2 pass employs the old X pass cut (Diagram 11), picture Series G. The quarterback maneuvers through the fake of a drive 2 running play and ends by readying himself to pass about five yards behind the line of scrimmage. The right end drives straight downfield, attempting to force the deep defenders to give ground rapidly. The left end angles across and heads for an open spot at least 12 yards deep. The right halfback angles toward the line, faking a running play, and then heads out into the flat about four yards across the line of scrimmage. The left halfback becomes a pass protector after the quarterback fakes a hand-off to him prior to dropping back to pass.

The drive 6 pass employs the same pass pattern used for a drive 2 pass and the plays are essentially alike. Naturally, the backfield fake is slightly different. However, all of the backs finish up accomplishing the same job despite the change in the backfield fake (Diagram 12).

Our drive 8 pass is an option which either the left halfback or the quarterback may throw. The pattern is the same as the one already covered in the description of a drive 2 pass, and the fake will depend upon the quarterback's judgment as the play progresses (Diagram 13).

Undoubtedly, many teams will use segments of the integrated drive offense during the coming season. Still other teams will employ the entire drive offense. The cumulative results of these many experiences will add another year of maturity to this offensive innovation and they will more clearly define its possible impact upon today's game.

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Illustration 1 shows the middle guard lunging off both feet and stopping his opponent with his forearm. Notice that his elbow is pointed towards the ground. The knee of the same leg shoots through to the ground in order to secure a lifting angle. His other hand comes up under the other shoulder of the defensive man and a sustained leg drive helps to carry him back one yard.

# Pass Defensing the T

By VINTON H. RAMBO

Football Coach, State Teachers College, Shippensburg, Pennsylvania

**D**E FENSIVE alignments have changed considerably since World War II. We have seen a wide swing to the forward pass through various adaptations of the T formation.

Emphasis must be placed on forward pass defense because a team that is not able to move the ball with any degree of regularity may be able to score several times through the passing medium. Thus, great pressure is placed on a team that is superior in other phases of the game.

Pass defense is emphasized against the T formation because that is about all we have seen for the past four years. We work off the buck lateral single wing and deploy flankers and men in motion. There are several fundamental premises that have paid dividends for us over the years and these are placed at the top of the notes which are reviewed several times a year.

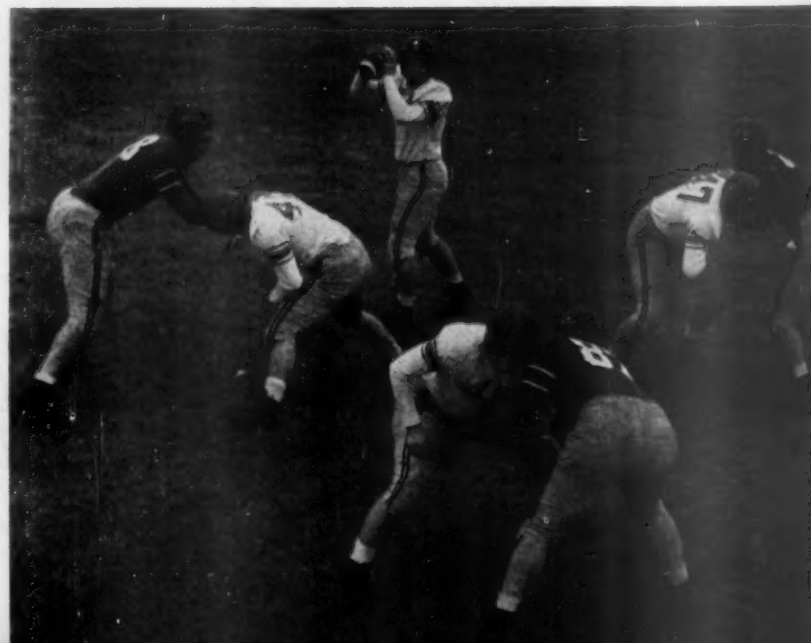
Generally, opponents do not have any more time than we do for the fundamentals of the game. This fact encourages us to continue our efforts to systematize and streamline all phases of our game.

We believe in scouting as thorough-

ly as possible, using the previous year's films, scouting reports of the past several years, and current deviations

balanced single wing, split line single wing, and balanced line single wing teams had fine seasonal records.

In Illustration 2 we see the middle guard and the ends in position to rush the passer. The ends come in from one and one-half yards outside the passer and attempt to tackle him just under the numbers on his jersey.



from former practices. It has been found that stabilized coaching staffs tend to maintain basic patterns of offense over the years and will not depart radically from their patterns or the training of their quarterbacks. It is a natural reaction to adhere to the things which have been successful.

At the same time we hesitate to use much valuable time in preparing for a team that changes its patterns from week to week. Time is spent on familiarizing our boys with what to expect, but we also stress that a team in the process of constant changing will make more mistakes through faulty execution. Our players should be able to take advantage of these mistakes.

We establish basic patterns of an offense or defense, and then thoroughly familiarize our boys with what we are trying to do. Major teams were highly successful with all sorts of combinations last season. A number of straight T, wing T, split T, un-

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"VINT" RAMBO graduated from Iowa Wesleyan and coached at Orient, Iowa and Teaneck, New Jersey before going to Shippensburg State in 1936. His teams are working on a 20-game winning streak as this season gets under way. In 1952 his team was ranked fifth nationally on defense for small colleges. The following year his boys ranked first and last season ranked fourth. In addition to his football duties, Rambo serves as dean of men.

It is our feeling that there are many ideas which will work on offense and defense if a coach has material which may be adapted to his particular theories. Then the team should be given consistent practice on the basic fundamentals necessary for good performance.

Variations are used to adjust to conditions as needed, but we maintain the theory that many teams change defensive alignments far too often for the players to become familiar with the basic patterns and develop confidence in their ability. Players are apt to worry more while on defense than during any other phase of football. Their primary thought is that a mistake may permit a man to score. Thinking of personal assignments in various pattern changes from week to week keeps many boys tense and hesitant as the ball is put in play. It is our feeling that by reducing defensive alignments to a few basic patterns, and working daily on fundamentals for perfection, we will produce a relaxed, confident boy who is moving with the snap of the ball, mentally and physically.

It is difficult to talk about any one phase of defense without incorporating other elements of the pattern, as pass defense should interlock with overall defense and also deployment of specific types of personnel.

#### Type of Defensive Pattern

Before establishing our pattern, we want to know what information is at hand on the defense used by the next opponent. It is a basic premise that our team must be able to stop the opponent's major strength if their offense is to be contained.

Basically, we have used a five-man line for a number of years. At times we shoot linebackers which results in a six, seven, or eight-man alignment,

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but fundamentally our boys operate off a five-man line.

It has been our experience that teams which like to use the pass as a major threat will operate off a tighter line. As a general rule, our boys operate off a 5-3-2-1 against such teams.

More splits in line spacing have been found when we meet teams which stress a running game, up to the point where they may be strictly split T formation. Against such offenses our players will probably be in a 5-2-2-2. Some coaches would probably classify this as a 5-4-2, although we like to play our outside linebackers a little deeper than would normally be found in a 5-4.

### Line Personnel

**Guards.** We like to feel that the middle guard is the key man in our defensive line. He should be strong and eager, with a desire for contact. Our players are instructed to keep all the pressure possible on that T formation center. It is our hope that every time he lines up he will vision a mad bull measuring him off across the line. Having worked with single wing centers for 30 years and realizing how defensive lines put pressure on them, we think similar psychology can be made to operate on the T center. He has the constant thought of feeding the ball to the quarterback and the consequent result of close contact fumbles.

If enough pressure is kept on this player on routine plays, he may not operate too well when he is forced to throw the long ball to a punter. Three safeties were scored in our first three games last year due to centers passing the ball poorly on punts. All were vital scores in close ball games, one game being won 17-14 on two safeties.

Our three middle linemen work for 15 minutes each day on a variation of the straight arm shiver. The middle guard should be a specialist in the use of this fundamental on the T formation center. He is instructed to lunge into the center, striking under his shoulder with either forearm in a lifting manner, and at the same time dipping the knee of the same leg to the ground in an effort to get under the center in this lifting action. The forearm lift is preferred as there is less chance of his failing to stop the opposing player's charge. The hand of his other arm is brought up under the center's opposite shoulder, with the force of straight arm reaction lifting the man.

Our middle guard is instructed to lift and drive the center back one yard, releasing him on either side as he goes after the quarterback. He is also instructed to jam the quarterback in any way possible. We feel that this has been one of our most effective tools in pass defense. Many of the teams we see use six-man lines against a T formation, with the result that some centers and quarterbacks do not react well when constant pressure is applied.

The selection of the player for this position is given careful consideration. We want this man to be aggressive and powerful physically. A boy 6 feet, 3 inches tall, who weighed 250 pounds had this position for three years. He was very effective in rushing passers. Last fall a boy 5 feet, 9 inches tall, who weighed 205 pounds



Illustration 3 shows the position of the defensive left end. His initial charge is made through the outside leg of the offensive end and carries into the backfield where the dummy represents a blocking back. Just before he makes contact, the man holding the bag calls "left." The end breaks off left after warding off the dummy, and tackles the bag on the left to simulate tackling a passer. If the call is "right," he tackles on the right to simulate the hand-off man going into the line.

had this position. He was not as powerful as his predecessor but had a more explosive charge. He was quite effective in jamming into the quarterback on hand-offs or pitch-outs and caused some game fumbles which decided games. These boys are told they are to give the offensive center the impression that he is going to be hit by a bull elephant each time he gets over the ball.

**Tackles.** Our tackles are played on the offensive tackles. Their position and direction of charge depends upon the split of the offensive line. The defensive charge fundamentals for the tackles are the same as those used for the middle guard. We cannot expect a tackle to be as effective in rushing passers as if he played on the offensive end in a six-man defensive line. However, he is expected to jam up line play and dump any linemen who are pulling.

This approach on tackles has been used to good advantage. A tackle is asked if he had not thought of playing fullback at some time. Most big tackles probably have given it some thought. Then we say, "Well son, if you were a fullback, do you think you could lose your way through that tackle for two yards if he could not tackle you?"

Invariably they are sure they could. The next question, "Well you ought to be a cinch then if you didn't have to worry about carrying the ball, just bore in that two yards."

This player is expected to be responsible for hand-offs to his inside, rush passes as well as he can, and not be moved laterally. He is not in a forward position to rush passes well, so he is given the responsibility of covering screen passes. As he goes in for a pass and is not blocked, he cuts off and works for a screen possibility on his side.

**Ends.** We want our ends to be rangy, have leg drive, and be strong armed. In a five-man line one of our offensive tackles is generally playing as a defensive end. One offensive guard plays the middle defensive guard and the other a tackle. Our tackles are generally taller than the guards.

As a rule, defensive ends who are rangy are more effective in rushing passers.

We like to play our defensive ends in a four-point stance the same as our other linemen. They are told to crash in through the outside leg of the offensive end. We do not want a defensive end to bother with the offensive end other than to make sure that the offensive end does not hook him. Seldom do we attempt to hold up an end because it has been our experience that several men are necessary to jam a really good offensive end. If our players were up against the type of passers to be found in professional ball we might play it differently.

Our ends are told to crash three yards deep at a 45 degree angle, and concentrate on possible blockers who may be coming out on them. Otherwise they keep on going for the quarterback, hurrying his pitch, and maintaining routine.

If the quarterback is dropping to pass, we want the end to carry his charge on through and come in on the quarterback from one and one-half yards outside. We have found that when the ends go directly at the passer he may fake, get around them to the outside, and have time to get

(Continued on page 64)



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By "RED" MOLNAR

Football Coach, Pope Pius XII Diocesan High School, Passaic, New Jersey

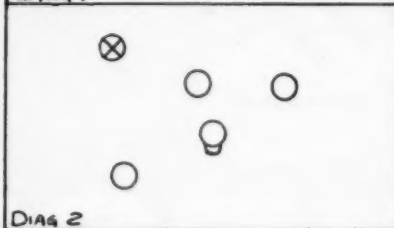
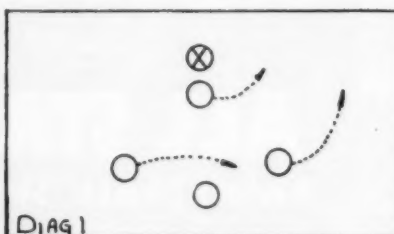
**W**E shift into the single wing right from the T formation. Our left halfback shifts into the fullback spot; the fullback becomes the left halfback. Then the quarterback moves away from underneath the center and becomes a single wing quarterback. The right halfback moves out of the T and becomes a wingback (Diagram 1).

This is not an ordinary shift because two distinct changes have taken place. First: Notice in Diagram 2 that the fullback has lined up with his back facing his opponents. Second: The center does not drop his head as he does in the ordinary single wing. Since the ball is always passed to the same spot the center can, with a little practice, master the snap-back. Our players are instructed to use a soft lob. Illustrations 1 and 2 should help to clarify the description.

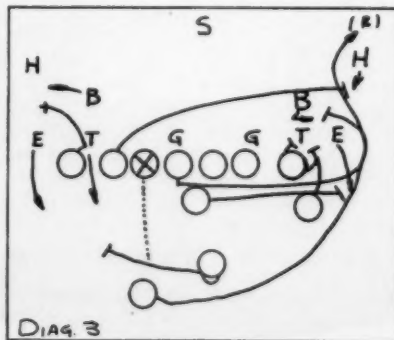
The purpose of the shift is to emphasize the unorthodox stance of the fullback. As a rule, the defense shifts over to meet the power as is customary in the single wing formation.

Our linebackers have a tremendous amount of pressure put on them by the criss-crossing of the fullback and the left halfback. Freezing and isolating the linebackers so they can be cut down while they are trying to figure to which side the play is going is the prime purpose of the formation.

The linemen also have their troubles. There are fewer maneuvers to choose from than in any other formation. The cross-charge, loop or slant



are very dangerous because they take the linemen out of the play completely, and give the offensive linemen a



good opportunity to move downfield to aid the ball-carrier. Therefore, the linemen soon begin to see that their choice is narrowed down to trying either to guess the play or standing their ground in the hope that they can stop the play if it comes to their territory. The defensive linemen are definitely typed and the offensive linemen receive a distinct advantage.

From its appearance the play shown in Diagram 3 seems to be an ordinary single wing off-tackle play. Such is not the case. For the purpose of illustration we used the 6-2-2-1 defense because it was the one most frequently encountered.

Naturally, the ball is snapped back to the left halfback, who takes it toward the fullback and fakes a hand-off. The left halfback by playing rather high, and the fullback through the use of an unorthodox stance, made themselves obvious and attracted the defense.

Holding the ball in the palms of his hands, the left halfback heads at top speed for the tail of the right halfback. The sooner he gets there the better, because as he passes the fullback he fakes a hand-off and places the ball on his right hip completely out of sight. The fullback makes a big arm fake clutching for the ball. He also places his left arm on his left hip, adding to the deception, and runs in the same arc as the left halfback but in the opposite direction. Illustration 3 shows the position of the backs just after the criss-cross. Notice that the left halfback who runs right is right-handed, and the fullback who is running left is left-handed.

Now the pressure on the linebackers is being applied as the backs make



their criss-cross. Our blocker, the right guard who is assigned to the right linebacker, must get there before he has a chance to recover. The left end feints the defensive right tackle and allows him to come through. We would rather have the right tackle on this side of the line so he will go for the fullback. Then he heads for the left linebacker and draws him away, preventing him from sliding back to the point of attack.

Since the left guard does not have a block in the line he heads for the defensive right halfback.

If the defensive left tackle becomes troublesome, we double-team him.

The quarterback stays low and close to the line of scrimmage and rides the defensive end out.

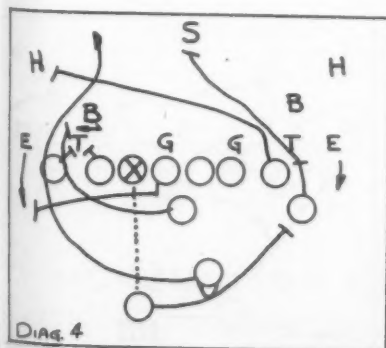
This play produced a thrilling 60-yard touchdown run against a championship team.

During the season we experimented and found that by making a few blocking changes we could achieve the same results with less wear and tear on the team. We found that our fullback was so successful in drawing the defense that the wingback was able to take the tackle by himself. Under the new blocking plans the right end drives the guard to the inside. We also found out that the right tackle can pull out and hit the end faster, and the quarterback can get to the linebacker much faster than our guard.

Diagram 4 shows a fullback weak side play. In this play the versatility of the system is realized because it can be run to either side with equal ease.

The basic criss-cross is executed. Again the left halfback and the fullback move at top speed in their respective patterns. The importance of getting to the hole as fast as possible must be emphasized.

Now the left end who has been bumping the right tackle is double-teaming with the left guard. The right guard pulls out of the line and drives the defensive right end to the



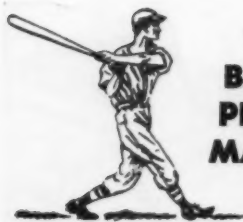
Diag. 4



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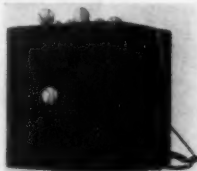
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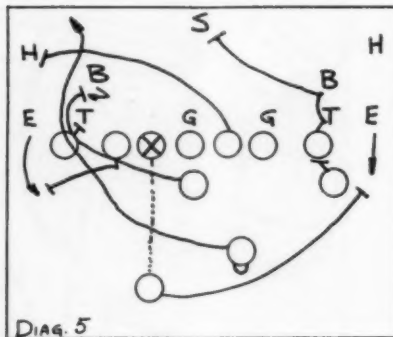
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outside. Our right end goes downfield for the defensive left halfback. Since the wingback cannot run interference in front of the ball-carrier he is used for rear guard action. We do not want him to attract attention as a blocker, so he blocks and then goes downfield for the safety man. The quarterback crouches behind the line in order to attract the least amount of attention and leads the play.

The film revealed that while the play accomplished its objective satisfactorily, a few changes would be necessary to help our blockers get to their opponents faster.

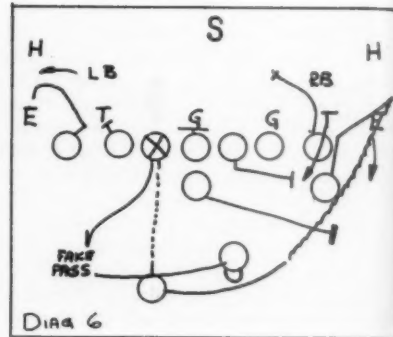
Diagram 5 shows the changes we made.

Instead of double-teaming, our left end can handle the tackle alone, the left guard can ride out the end, and the center can move out and head for the linebacker, attracting his attention and setting him up for the quarterback. It will be noticed that the quarterback has been moved to the center of the line giving him exactly the same distance to cover on either side. Our tackle, who is free in the line, breaks for the halfback.

Diagram 6 shows a play which starts like the other basic plays. The left halfback and the fullback execute the same criss-crossing pattern.

Now the difference is in the timing. The left halfback is just a split second slower in running with the ball, while the fullback runs at top speed. Thus, the fake exchange spot is brought a bit nearer the center of the line. Naturally, this maneuver is intended to draw the defense away from the intended receiver. The left end and the center, who is free in this case, are also brought in to aid in the decoying. Our left end draws the left linebacker out; the center drops back as if to pass block for the fullback who is faking a forward pass.

Our right end breaks out fast and draws the right linebacker to the inside. When he is executing this maneuver, the end must make sure that he does not run out of the territory of



the right linebacker. Bearing in mind that his prime purpose is to draw the linebacker away, the end must also remember that, should the linebacker follow the right halfback, he will be in a good spot to receive the forward pass, and he should be set for it.

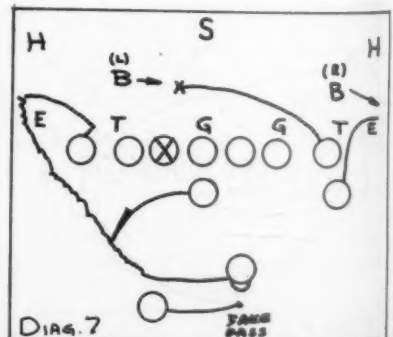
Just as the fullback completes his fake pass, the left halfback stops inside the cup set up by the tackle and quarterback and throws a flat pass to the right halfback.

In the left end flat pass, Diagram 7, the same basic maneuvers are carried out in handling the ball.

After the ball has been exchanged, the left halfback proceeds in his usual style just a few steps, then stops and fakes a forward pass to the wingback. The wingback breaks fast for the right linebacker, drawing him into the flat. The right end breaks fast into the territory of the left linebacker, hoping to draw him to the inside.

While the left halfback is faking a forward pass, the fullback is still hiding the ball as he proceeds on his way to the spot from which he will pass.

When the left halfback has completed the fake pass the fullback should whip his pass to the left end who has feinted for the tackle and delayed until the left linebacker has been decoyed out of position by the right end. Should the left linebacker cover the left end, the right end would be in a good spot to receive the pass.





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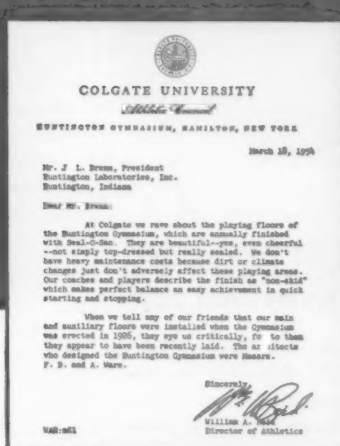
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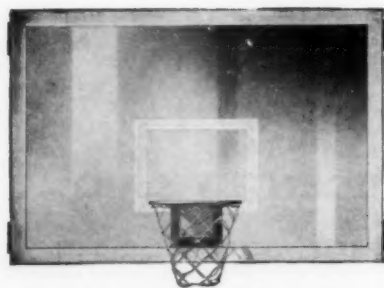


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**Basketball Coaches Digest**. Published by Huntington Laboratories, Huntington, Ind. Sixty-four pages, free to coaches; 50 cents handling charge for other than coaches.

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**Tennis—A Manual for Teachers with Materials, Methods, Programs for Group Instruction**, by Mayone Hillas and John R. LeFerre. Published by Wm. C. Brown Co., Dubuque, Iowa. One hundred and three spiral bound pages. Price \$2.25.

As the name implies, the book stresses group instruction and as such devotes little space to a description of the various fundamentals. Instead, the major emphasis is placed on the manner of imparting knowledge to a group of beginners. As an illustration of the manner in which the authors handle the problem, the lob is a case in point. First they describe the offensive and defensive lob, organization for practicing the lob, elementary lead-up games for the lob, and finally advanced lead-up games for the maneuver.

Tennis is a sport that lends itself well to group instruction and this book is packed with helpful suggestions for conducting such group instruction.

## Fast Break

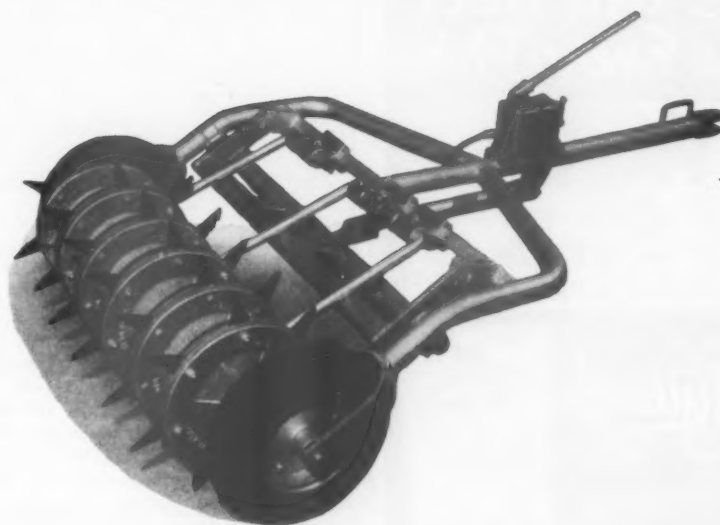
(Continued from page 30)

side rebounder cuts down the outside as soon as we start our movement. 02 acts as a trailer or second break and the rebounder, 01, acts as our safety. While running the pattern we try to stress the necessity of timing. 05 should make his cut flat so 03 can get out and down the floor and give our break time to develop.

The five drills we have explained are all run without opposition. As the boys develop the skills we start to put pressure on the ball.

In the drill shown in Diagram 6 we play three-on-three. It is the job of the 0's to block out after the shot by

**WILLIAM J. CORCORAN** graduated from Springfield College where he played under John Bunn. In addition to his basketball duties at Horace Mann where he has been for the past eight years, he coaches and instructs golf. He serves as a scout for a number of leading college teams in the East and has authored three articles for our pages.



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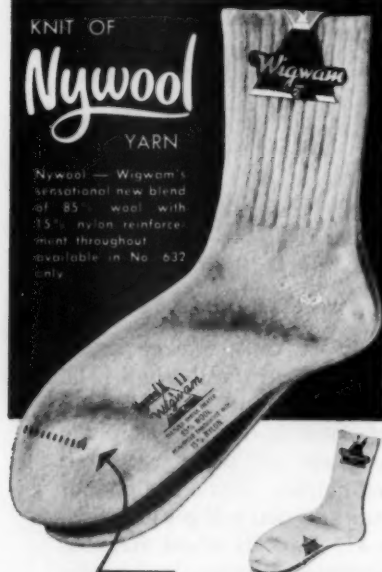
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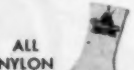


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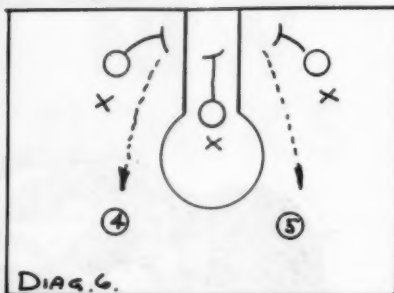
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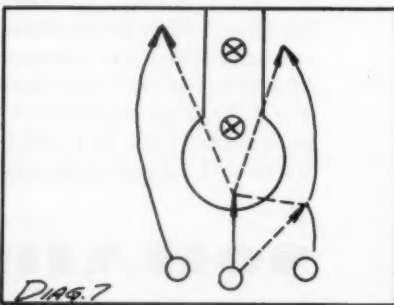
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Diag. 6.

the X's, rebound aggressively, and get the outlet pass to 04 or 05.

In the drill shown in Diagram 7 we play three-on-two starting from mid-court. Because we hope to find the defense in this bad setup, resulting from the break, we have our boys work on this drill. The attacking team moves the ball forward until they meet opposition. As we approach the front part of the free throw circle, we want the middle man to have the ball so he is given three options; pass left, pass right, or go down the middle for the shot. We always try to force the defense to commit themselves. This drill also enables us to get in some good defensive work against the break.



Diag. 7

Finally, we run our full court scrimmage, working in our pattern with its variations. If we are to have a good fast break, we must excel in the following components: 1. Aggressive rebounding. 2. Speed in getting the first pass out. 3. Timing and position. 4. Good ball-handling. 5. Condition. 6. Making the team fast break conscious.

## Defensing the T

(Continued from page 56)

the ball off. When they come in from the outside they will still be effective in rushing if they use their hands on blockers. They will keep the passer in the pocket where the other end has a chance at him and, more important, an aggressive middle guard may be

bearing down on him.

By crashing the ends in three yards at a 45 degree angle they receive inside responsibility. They are expected to jam up the area to their inside, using their hands and forearms and keeping their feet well spread. Their responsibility on pitch-outs is to get to the quarterback and make him pitch sooner than he intends. They are also responsible for seeing that he does not keep and go inside them.

These five linemen crash at all times and each one has inside responsibility. If they are overpowered by blockers, they are to give ground backwards in the same direction from which they came. Then the hole will never be large. When they give laterally as on a trap, the hole becomes much larger. A cup perspective is attempted with the five linemen. It seems to us that hard-crashing linemen give us better control over the two most dangerous possibilities from the T formation. These are forward passing and the keep pitch routine by the quarterback.

Our ends are instructed to tackle the passer high around the numbers on his jersey so he will be tied up and not able to get the ball off. Good hard tackling as he throws will also discourage him later.

### Practice Routine

A time schedule is followed, and each day is broken down into a specific number of minutes for each practice skill, depending upon what work is necessary. Specific skills become second nature if they are repeated often enough and time is assigned daily to pass defense and kick returns.

Following the initial warm-up period, we assign 20 minutes to specific pass defense drills. Linemen spend this time developing and maintaining the lunging charge which is necessary to gain control defensively. Developing the lunging charge is accomplished by spacing bags in the approximate position of the offensive line and driving all five linemen in hard. The middle three men work on the forearm lift. Three or four sets of linemen are used. One team holds the bags. The first team up makes five successive charges on the snap of a ball and then replaces the team that is holding the bags. Teams are kept intact and rotate accordingly.

In this drill for the defensive ends other bag combinations are used. One bag is placed three yards deep on the path of a defensive end's normal charge and he crashes into it with

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his forearms, simulating the warding off of a blocker. A coach calls right or left just as he hits, with the end breaking off accordingly to his inside to make a tackle or to the outside to rush a passer. Bags can be placed in each spot for the end to tackle.

During this period other coaches have taken backs and other ends, and are working on pass defense. The two groups work closely enough so offensive and defensive ends may be interchanged.

More time is spent covering the deep man than on any other phase of pass defense.

These men must wear headgear. They feel this is a business sign and take the work more seriously. More important, it eliminates freak head injuries and keeps headgear off the playing area where a pass receiver may step in one and hurt an ankle.

**Linebackers.** As a general rule, we attempt to play a combination zone and man-for-man defense. Linebackers are given an area of eight yards in

depth to be responsible for. After a receiver passes out of that area he belongs to a deep back, man-for-man.

Our linebackers are told to give ground as they recognize a pass play, use a glide step similar to basketball coverage, and never cross their feet over. We want them to play men close as they come into their areas. They are instructed to tackle a receiver hard as the ball comes to him rather than take a chance of interception or try to knock the ball down. Most balls will be dropped through the force of hard tackling and those passes that are completed will be for short gains. Cases where a defensive man misses the ball in an attempt to intercept will go for gains of 25 yards and up if completed. Some of this contact work is lightened in drills, but we do insist on close coverage.

**Deep Secondary.** Personnel adjustments must be made when a five-man line defense is being used. As a rule, a coach uses his center as a linebacker, generally the middle man. Often we have two backs who like to back up a line and who do it effectively. Generally our fullback and the single wing blocking back or the quarterback fits into this category. The problem remains where to play the extra lineman if he does not back up the line.

This problem was solved very satisfactorily by taking our most agile end and using him as a defensive halfback. This means his substitutes must also be offensive ends and defensive halfbacks.

Our halfbacks play man-for-man on pass defense against the offensive ends. An end who is a good pass receiver should be able to cover another end on pass defense.

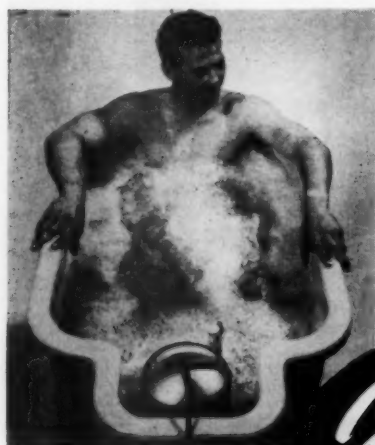
Defensive halfbacks are given outside responsibility on running plays and are expected to come up and make tackles on the line of scrimmage on sweeps and pitch-outs. Most ends have already developed this skill while playing defensive end.

Our left end is used as a defensive halfback and we try to find rangy boys who have some speed and good basketball ability.

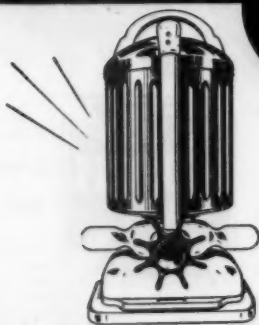
Our thinking is that a back downfield can cover half the distance a ball is thrown.

Our halfbacks key on the play of the offensive ends and try to distinguish between a running play block and a passing play block. At times the ends will fake a block and then come through delayed for a pass.

The point has never been reached where we think our team can do without a safety man against a good pass-



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ing team, or one with a strong running attack up the middle.

Our safety plays similar to a center fielder and goes for the ball, except when a flanker or man-in-motion is being used. Most teams who put a flanker out on a pass play will use a fast man and it is necessary that a fast man cover him. Therefore, the safety should be assigned man-for-man. He gives laterally as this man goes out and may even move outside our half-back, but he does not come up much. The flanker belongs to the linebacker for the first eight yards in a zone defense and by that time the safety is ready to pick him up.

Our boys work on pass patterns that have hurt us in drills and those which our opponents have used successfully. Group study of successful passing attacks used by opponents against us in previous years is also stressed.

Our safety is in a zone on a normal T and he takes the first back who comes through deep. He must develop a sense of judgment for such situations and a boy who will not freeze under pressure is the type we want.

We would rather the deep secondary who is playing receivers on the side of the field keep to his outside and four or five yards to the rear. A well-thrown pass to the outside will be completed, if not covered to the outside, with the possibility of the man getting away. When a receiver cuts back to the middle, there is always a chance of help there if he gets loose.

We want our deep secondary to release, once the ball is in the air, and attempt to intercept. Dividends are great on interceptions. Our backs are told that they are in the open field with the ball and have a good chance of going all the way.

### Drill Reactions

There is a great deal to be gained by keeping individual statistics on pass defense drills. A student manager can keep a record of the number of passes caught each week, the number of interceptions per week, and interference counts the same as a completion.

Our boys work in two or three of offensive pass scrimmages per week. These scrimmages last about 15 minutes and involve two teams which gives us the complete defensive pattern and provides offensive checks on the other team.

Practice on punt and kick-off returns is stressed each day and we have come to the conclusion that reaction on pass interceptions is of equal im-

portance.

By repeating drills the players will react to situations without stopping to think of assignments. They will cut to certain areas on the field, then turn, and time their blocks as the play develops. No open field block can be held long, and the man will not cut down if the screening action is timed right. We are firmly convinced that practice time devoted to the timing of blocks when a man is loose in the open field is the key to long gains.

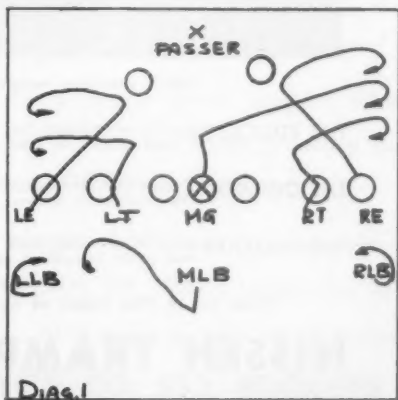
In rushing a pass the defensive line should react immediately to areas on the field as the pass is thrown. In practice a coach stationed behind the passer calls *check* two counts after the ball is thrown, and the defensive linemen and linebackers should be swinging over to set up a fence.

If the ball is thrown down the center, the outside linebacker on each side should turn in at about five yards downfield. Rushing linemen on each side should swing to their own outside and set up a fence about 10 yards from the sidelines. The man who is bringing an interception up the middle has an option as to which side he will run, knowing that blockers will be on either side.

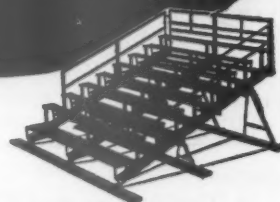
If the interception is made on the side of the field, all linemen peel off to that side and set a fence.

In order that fence blocking may be successful, the blockers must take specific positions on the field, and then wait for the ball-carrier to cut down the field behind them. They must be taught never to go out after a man but to wait for him to cut in between them and the blocker ahead. Tacklers cut into their area in an attempt to reach the ball-carrier. When the blockers wait for the tacklers to do this, it automatically brings the right timing for an effective block.

Diagram 1 shows a pass thrown down center and the positions of the defensive team at the time of inter-



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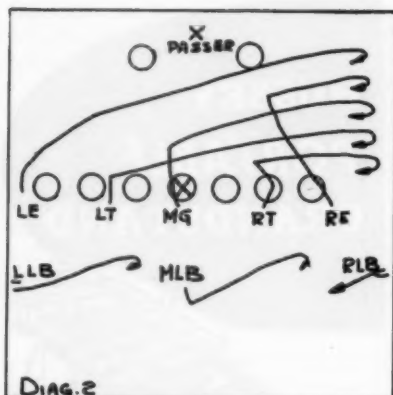
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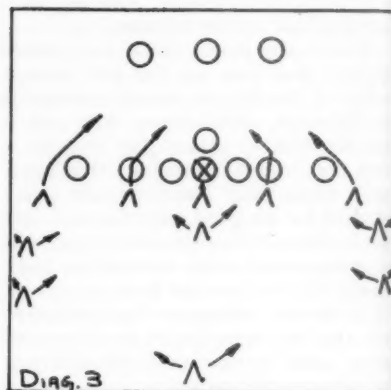
In Diagram 2 we see a pass thrown to the right side.

Basically, our defense against a team operating off a comparatively tight line and passing quite a bit is a 5-3-2-1 (Diagram 3).

We like to have our middle linebacker back only one yard most of the time as he is hard for the blockers to reach. If he has reason to suspect a pass or sweep, we want him back four yards where he has a better angle of coverage and pursuit. He directs his attention to the offensive guards. If they shoulder block, he immedi-

ately hits the hole. If they shoot for him, he plays them off. If they drop back, he drops and suspects a pass. If they pull, he goes with them for a trap or a sweep play. On pass plays he covers the zone in the center eight yards deep.

The outside linebackers watch the offensive ends. If the ends block in the line, the linebackers play accordingly for a running play. If the ends shoot on the linebackers, they play them off and react against pressure to make the tackle. If they go through past the linebacker, he immediately drops in his own zone and looks for a pass. On running plays the outside linebackers have major responsibility outside their own ends on a 5-3-2-1. They are expected to make very few tackles inside, but on pitch-outs and sweeps they must make the tackle on the line of scrimmage or run the man out of bounds. They are protected on the outside by their own halfback and on the inside by the safety. We do not want the linebackers to gamble very often on throwing a man for a loss on a sweep, but to fight off blockers, delay the play, and try to tackle on the line of scrimmage. We have seen linebackers gamble on tackling for a big loss behind the line, only



to see a fast back get into the open field with a blocker ahead of him. Our linebackers are assigned the responsibility of delay with small gains on the flanks. Either pursuing line-men or the middle linebacker often catches them.

When we meet a team with a strong running attack off a split line, our boys concentrate on stopping their ground game (Diagram 4) and favor a 5-2-2-2. Our line is played similar to a 5-3-2-1 except that the defensive tackles play through the inside knee of the offensive tackles.

The two close linebackers play the

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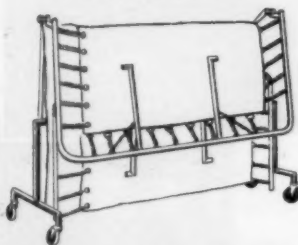
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quarterback all the time. If he moves to one side, the linebacker tackles the hand-off man on that side and the other one moves over to back up the middle. On a split T there is no time to look to see if the hand-off man has the ball. We want that halfback each time he comes through. If he is tackled on the fake, then delayed passes to him are not effective.

Our outside linebackers have the same pitch-out and zone pass responsibilities as on the 5-3-2-1. On flankers they cover the flanker, should there be a man-for-man.

The deep backs cover the ends

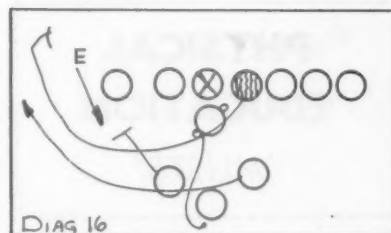
man-for-man when they come through the zone.

It has been our experience that we can get good results from variations of the five-man line defense. However, coaches should study their personnel pretty closely in fitting the players into the pattern.

## Multiple Offense

(Continued from page 42)

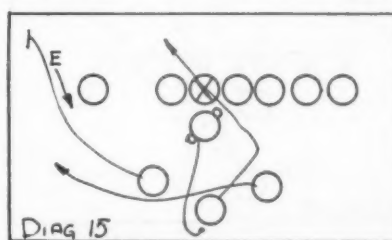
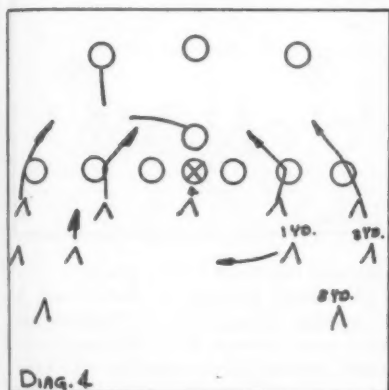
fakes to the right halfback with his empty right hand. Then he sets up as if to fake a pass or bootleg around to the strong side. The right halfback fakes a play at the 9X hole. The fullback delays one count to give the linemen time to trap and then he carries through the 7 hole. The left halfback fakes hooking the defensive end in and then cracks out. This play



may also be run from the T-100, T-200, or left halfback up formations.

Diagram 16 shows a play in which the quarterback reverse pivots on his left foot, fakes to the fullback with his empty left hand, and steps on back and hands to the right halfback with his right hand. Then he sets up as if to pass, or fake a bootleg around to the strong side. The right halfback uses a cross-over step. He receives the ball from the quarterback and carries around the 9X hole. The fullback fakes into the 7 hole. He has the option of faking or leading around the 9X hole as interference. The left halfback hooks the defensive end in. This play may also be run from the T-100 or the T left halfback up formations.

In the play shown in Diagram 17 the quarterback reverses the action of the fullback at the 1X hole. The right halfback takes a cross-over step with



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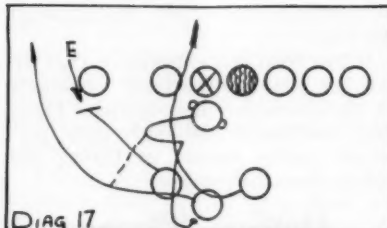
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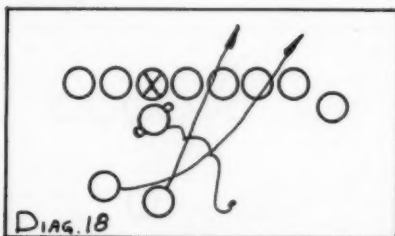
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DIAG. 17

his right foot and steps with his left foot towards the sideline. He pivots and drives into the 7 hole where he executes a good fake. The fullback gives ground slightly, receives the pitch-out from the quarterback, and sprints around the weak-side end. The left halfback blocks the defensive end in. This play may also be run from the T-100, T-200, and left halfback up formations.



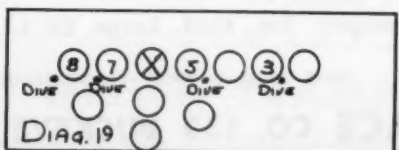
DIAG. 18

Diagram 18 shows a play in which the quarterback steps to the strong side with his right foot. He fakes to the fullback, pivots on his right foot, and swings his left leg around so that he ends up at a 45 degree angle to the line of scrimmage. Then he hands off to the left halfback, pivots on his left foot, goes straight back, and sets up as if to pass. The right halfback follows the 3 power blocking rule. The fullback fakes hard into the 4 hole. The left halfback takes a cross-over step with his left foot and then steps with his right foot. After his second step he pivots and hits hard into the 3 power hole.

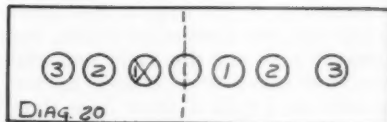
These plays conclude our T in-direct or delayed attack.

There is another type of blocking used on quick-hitting T plays and we call this dive blocking. This type of blocking is used when there is no backfield delay. These blocking rules are very simple and can be mastered in 15 minutes on the field. Dive blocking is man-for-man blocking.

Our dive spots are indicated by heavy dots and are located at the 3,



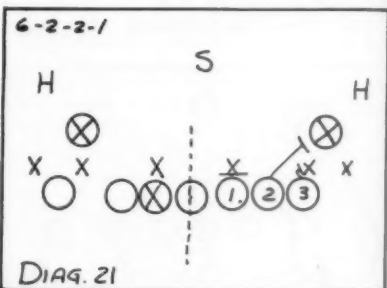
DIAG. 19



DIAG. 20

5, 7, and 8 holes. Diagram 19 shows the spots our dive plays hit.

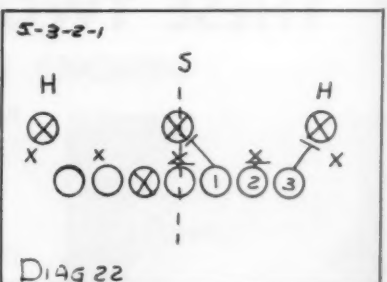
The plays hitting at the 3 and 5 dive holes have identical blocking for every man, except that our outside tackle against a five-man line will take the man over him in on a 3 dive



DIAG. 21

play and out on a 5 dive play.

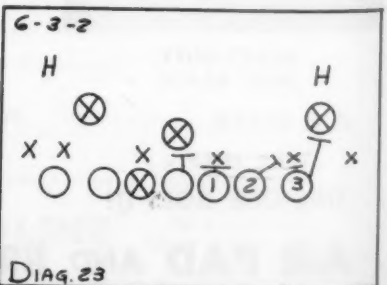
The plays hitting at the 7 and 5 dives holes have identical blocking for every man, except that our weak-side guard against a five-man line will take the man over him out on a 7 dive play and in on an 8 dive play.



DIAG. 22

Defensive men are counted as blocking targets on the side the play is to be run. We divide our offensive line down the middle as indicated in Diagram 20, and count the defensive men from this line on out towards the side the play is going.

When a 3 or 5 dive is called, the



DIAG. 23

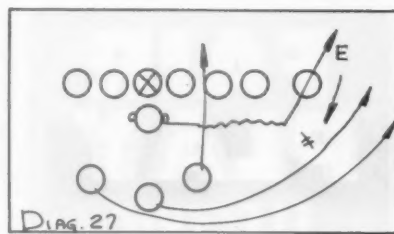
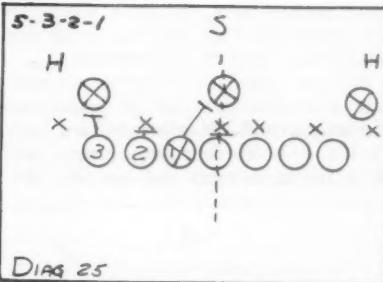


inside tackle takes the No. 1 man, the outside tackle takes the No. 2 man, and the strong-side end takes the No. 3 man.

The inside tackle must remember that if there is a man over the strong-side guard and a linebacker is behind him, the linebacker is the No. 1 man. These basic rules are shown in Diagrams 21, 22, and 23.

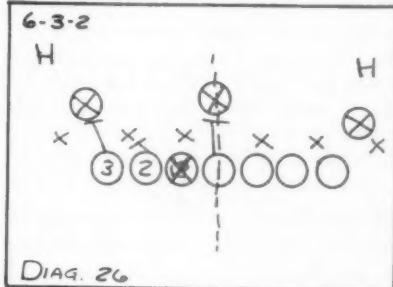
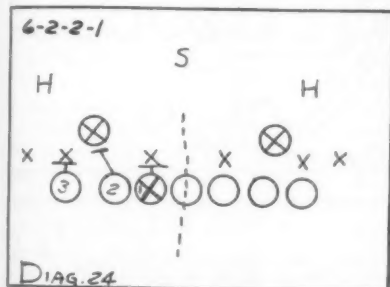
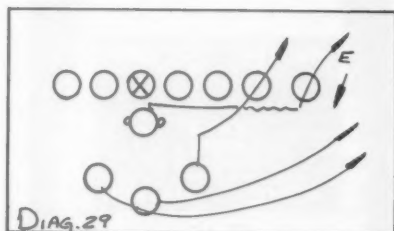
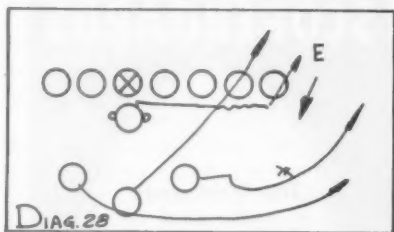
When a 7 or 8 dive is called, the center takes the No. 1 man, the weak-side guard takes the No. 2 man, and the weak-side end takes the No. 3 man.

The center must remember that if there is a man over the strong-side guard and a linebacker behind him,



the linebacker is the No. 1 man. These basic rules are shown in Diagrams 24, 25, and 26.

On a 3 dive call the strong-side end and the outside tackle may switch



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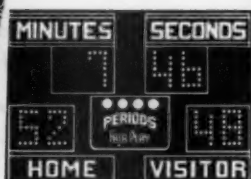
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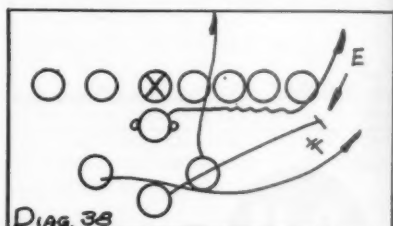
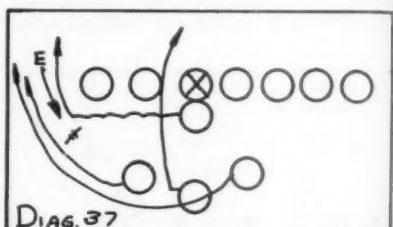
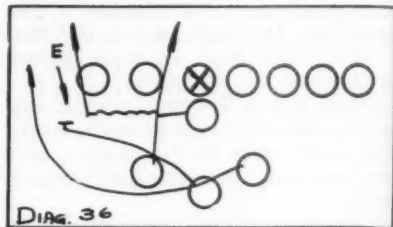
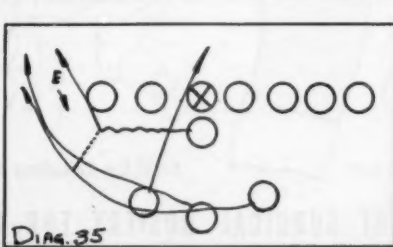
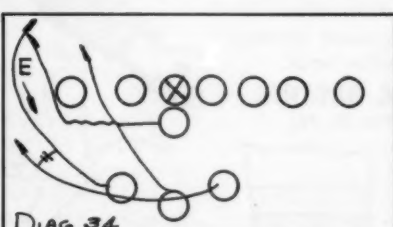
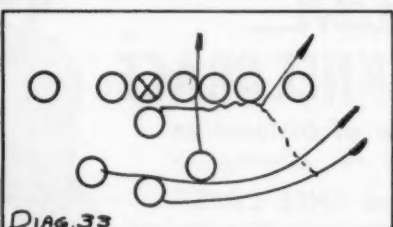
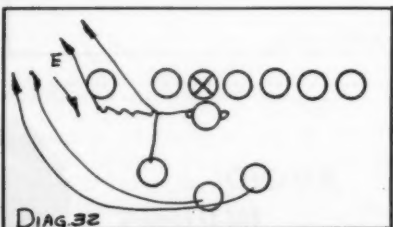
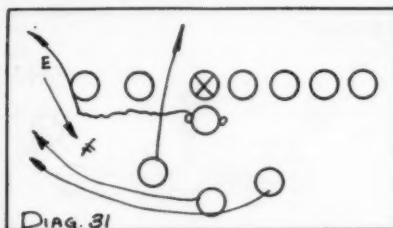
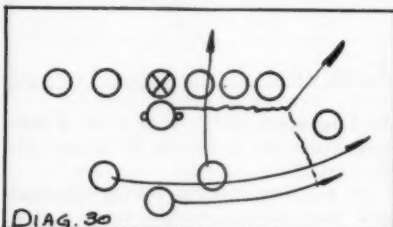
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assignments, and on an 8 dive call the weak-side end and the weak-side guard may switch assignments.

We run our dive plays from a split line and observe split T principles. If the quarterback tells a certain back to hit a hole, the remaining backs then swing around end on the side

the back hits. We try to set up our option play and keep play accordingly.

Our T plays with dive blocking are shown in Diagrams 27 to 38.



This concludes our T direct attack which is basic man-for-man blocking. We like to use both the T and the single wing for the following reasons:

1. It offers somewhat of a change of pace to hurl at the opponents, which is worthwhile according to our thinking.

2. By using the T as well as the single wing, the defensive unit becomes accustomed to meeting T plays during the week instead of just on game days.

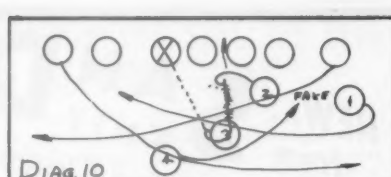
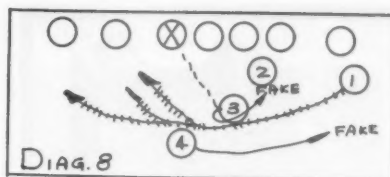
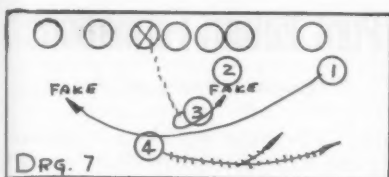
3. Running opponents' T plays in defensive scrimmage is useless unless a coach has quarterbacks and halfbacks who are accustomed to the T exchange.

## The Spinner Series

(Continued from page 34)

probably a little better to the outside as shown in Diagram 6. Of course, this pass can be used as an optional play, depending on what the strong-side secondary is doing.

In Diagram 7 we see that the No. 1 back can also come through on the fake reverse in this series, but caution should be used so that he does not come too soon.

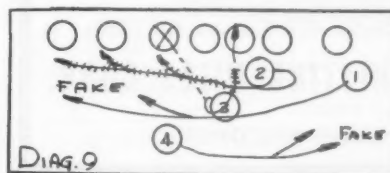


We now complete the series by actually giving the ball to No. 1 or the wingback. In handing off the ball, the fullback should use his right hand, and place the ball smartly in the wingback's midsection in a fashion similar to that used in the T formation belly series. The fullback continues on to the strong side or into the line in the fake bootleg, along with the tailback, while the wingback bootlegs the ball in his dash to the weak side (Diagram 8). If a coach has a wingback who can pass, preferably but not necessarily a left-handed passer, he can add further deception by sending his ends down and out in a fake blocking manner but actually as pass receivers. This maneuver can also be set up as an option play, with the wingback's decision as to whether to pass or run depending upon which way the weak-side defensive halfback has committed himself.

We have also experimented and

have had some degree of success with the fullback give to the No. 2 back off the same spinner sequence (Diagram 9). The timing here is intricate and the ball can be handed forward with the left hand or backward with the right. We have the No. 2 back make an emphasized start to the strong side before coming back to the weak side for the hand-off.

Another option which we have seen during the past year or two is the use of the buck lateral series off the spinner series (Diagram 10). The buck lateral itself has not been too effective in our own attack, possibly because we did not spend enough time teach-



ing it. But it may be worthwhile to include this comparatively new concept here. The No. 2 back can pitch to any one of three receivers, either the ends or the No. 1 back.

In conclusion, it may be well to emphasize again that the fullback spinner series is but one small phase of the overall potential of the single wing offense. Naturally, we do not feel this system is outmoded. On the contrary, from the results some leading teams are getting from its application, the single wing is coming back into its own, either with the unbalanced or balanced line. We like it because it is comparatively easy to teach to the inexperienced boy. Our coaching friend at the clinic has real need for concern when playing that single wing team. The single wing is every bit as versatile and dangerous as anything being devised in the game today.

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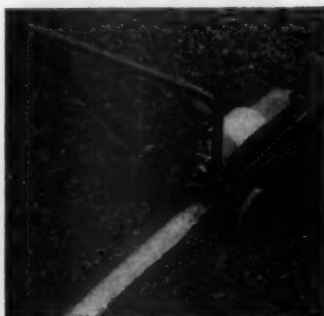


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## Punt Return Formations

(Continued from page 28)

other. The safety man who is receiving the ball must go in front of the other man on the exchange or when he is faking the exchange. Since the return is to the right side, if the safety man on the left receives the ball, he will go to his right and keep the ball after faking an exchange to the right safety man who is coming behind him to his left on the criss-cross. If the right safety man receives the punt, he will give it to the left safety man when they criss-cross.

In order to eliminate a fumble on the exchange, get good deception, execute the criss-cross properly, and get behind the screen safely, both safety men must keep in mind the following principles:

1. The safety man who is going to handle the ball should call for it quickly so that the other safety man will not charge into his area and pluck the ball out of his arms. Thus, the error of each man in assuming the other is going to handle the punt is eliminated, especially down the middle.

2. The ball must be handled on the fly and not fumbled, as we pointed out previously. Probably this is the most important factor if the punt return is to be executed successfully.

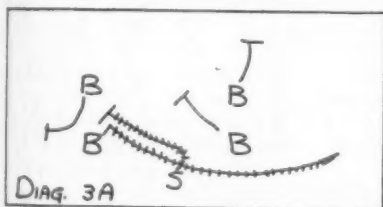
3. Both backs maintain the 12 to 15 yard relationship to each other as one back calls for and receives the punt. They both come forward several steps to draw the offensive men into the middle before pivoting to their inside in preparation for executing the criss-cross properly. Running toward each other, the front man turns at the waist hiding the ball from the kicking team. He extends his arms and hands, and either fakes or gives the ball on the exchange to the other back. Whether the back man is receiving the ball or the front man is going to fake the exchange, a pocket should be made to receive it. If the front man is giving the ball, it should be put into the pocket with both hands. After the fake or change both safety men turn their shoulders to the line of scrimmage as they run toward the sidelines so that the pursuing players coming downfield have difficulty determining which man has the ball. If both men will belly back four to five yards before turning up field it will help hold the pursuing men in the middle of the field and set up blocks for the screeners.

Diagram 2 shows the punt return using a modified 7-2-2 defensive align-



ment versus the regular punt formation. Bill Orwig, assistant coach at the University of Michigan, presented information on this type of planned punt return at the 1954 American Football Coaches Association Meetings. The defensive center is either off or on the line of scrimmage. He either attempts to go through, fakes going through and races back to pick up any player in the middle, or he charges both the center and guard, thereby assisting his guards in containing the men in the middle of the line. Coach Orwig recommended the double safety men be nine yards apart. Otherwise, the same factors, tactics, and principles explained previously apply to this formation.

A punt return right employing a 6-2-2-1 defense versus regular punt formation is shown in Diagram 3. It is similar to the 6-2-1-2 defense explained previously except that the right end and linebacker take the offensive left end on the line of scrimmage. The remaining five linemen set up the screen. The other linebacker and both backs take any player who

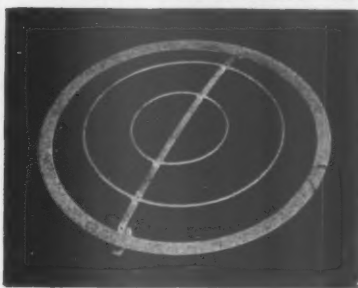


threatens the ball-carrier in the middle before he swings in behind the screen. Otherwise, they lead the interference.

Diagram 3A shows a variation of the 6-2-2-1 using one of the halfbacks in the criss-cross. Every player does the same thing he did in the play shown in Diagram 3 except that the left linebacker must take the end on his side and the right halfback takes anyone who is threatening in the middle. The safety catches the ball, if it goes to him, pivots, and starts off at an angle to his left. He hands off to the left halfback who swings deep behind the screen. The safety man becomes a blocker after he hands off to the halfback.

While we like to run the sidelines with our returns, if the kicking team is fanning out and making it difficult for us to come up the side, we can use a single safety man as shown in Diagram 3 and return up the middle. The halfbacks take the ends deep and the other men hit, hold up, drop back and block to the outside. We try to bring the safety man back up the middle.

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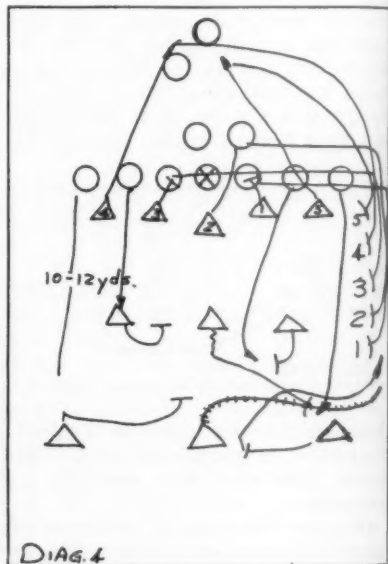
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## Punt Return Versus the Spread Punt

Although not all teams are able to employ the spread punt formation, probably for the reasons mentioned previously, planning the punt return against this formation may be handled in several ways.

First, the coach should learn from the scouting report the first men who go downfield covering the punt, and then he should station defensive men over these faster men to fight them at the line of scrimmage and delay their progress downfield.

Second, if the team that is employing the spread punt does not cover too rapidly, he should use a double safety and employ the return as shown in Diagram 1, with the middle back



DIAG. 4

picking up the offensive center as he comes down the field. Under the circumstances, the return shown in Diagram 2 may also be used, with each defensive man hitting his man head-on instead of playing the splits, with the exception of the No. 6 man who still pressures the punter.

Third, Diagram 4 shows a special punt return which a number of teams have adopted to combat the spread punt. Gomer Jones, line coach at the University of Oklahoma, diagrammed and explained this planned punt return versus the spread punt at the 1953 meetings of the American Football Coaches Association. While the mechanics of this formation are different, the factors and principles explained previously are the same.

Diagram 4 shows the defensive men lined up as follows: Four men are on

the line of scrimmage with the center head-on the offensive center but 12 to 18 inches off the line. Two men are placed over the offensive guards and they are instructed to hold up these men as long as possible. The next two men are lined up outside the offensive tackles with instructions to rush the punter hard and exert as much pressure on him as possible. The center is instructed to play either the offensive center hard, or charge through the center's left or right shoulder and try to occupy the up backs, depending on how they are playing. If the up backs are covering straight downfield, the defensive center tries to occupy them as explained in the latter method. If the up backs are covering wide, the defensive center holds up the center as long as possible or he goes through to block the punt if he feels he can get it.

The three linebackers are 10 to 12 yards deep with the corner men head-on the offensive tackles and the middle man behind his center. Since the return is to the right side, the left corner linebacker will take the offensive tackle on his side and the right corner linebacker takes the tackle on his side. The middle linebacker will drop back and take an inside position on the left offensive end as he covers the punt. He wants his man to come as deep as possible before blocking him with a straight shoulder block to the sideline.

The deep outside men are head-on the offensive ends with the middle man behind the middle linebacker. As explained previously, their depth is determined by the usual factors. Since the return is to the right, usually the left safety man will block the end, or any man on his side who threatens the back catching the ball. The right outside back will block any player who is closing in on the receiver. Otherwise, he will lead the play ahead of the ball-carrier behind the screen.

If the ball were punted to either side of the field, the three deep men would try to place themselves in the same position — two protecting and one receiving. The middle safety man always calls the back who will handle the punt. The man who catches the punt tries to break inside the end who is being taken deep by the middle linebacker.

After the five linemen have carried out their preliminary assignments they should circle back downfield and form a wall of blockers outside the kicking team. The three middle men in the line — the right defensive guard, center, and left guard — go straight down the line of scrimmage



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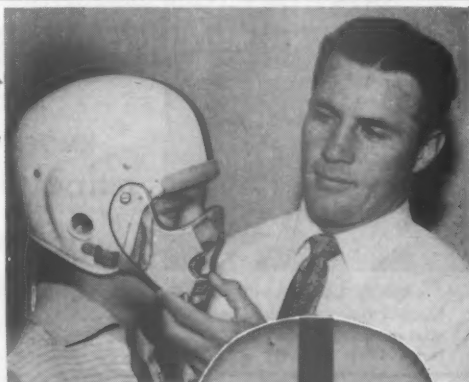
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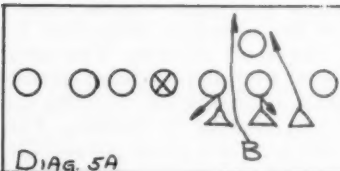
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If the kicking team covers rapidly, there is a fourth method for handling the spread punt. Linemen and linebackers should be stationed all along the line to hold up the offensive players. Certain men should be designated to rush the punter or he will merely hold the ball until his linemen are free and downfield before punting it.

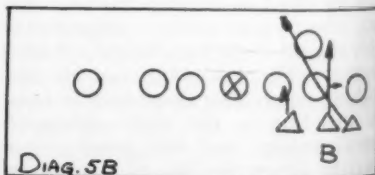
### Stunt Maneuvers for Blocking Punts

When the decision has been made to try to block a fourth down punt, the attack may be launched from one of three points — by loading the right and/or left side, or by loading the line over the offensive center.

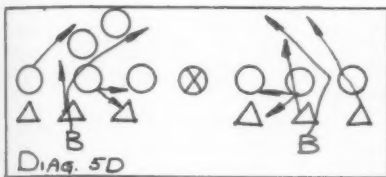
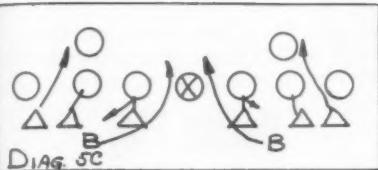
As shown in Diagrams 1 and 3, the linebackers may move up close or retain their regular positions in order to perform the maneuvers shown in Diagrams 5A, 5B, 5C, and 5D. If a modified 7-2-2 defense is being employed, as shown in Diagram 2, the stunt maneuvers shown in Diagrams 5B, 5E, and 5F may be used. The principles and suggestions explained in the first part of this article should be kept in mind when the defensive signal-caller indicates block or stunt maneuvers are going to be used. Then the right, left and/or center units can decide how they are going to team up to block the punt.

In the maneuver shown in Diagram 5A, the defensive guard and tackle either pull their men or try to drive open the seam for the linebacker to shoot the gap. The near back is forced to take either the end or shooting linebacker.

Diagram 5B shows a maneuver in which the guard plays his man and the tackle goes wide, hoping to pull







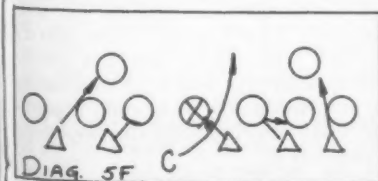
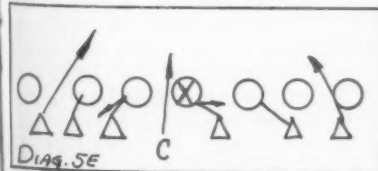
out the offensive tackle and the near back. The end hesitates and slides in behind his tackle going down the lane.

Either or both sides execute down the middle or over the top of the center at the same time. The guards pull their men; the tackles contain their men. The ends shoot to force the backs to play them. The linebackers run through the seams or over the top of center (Diagram 5C).

The maneuver shown in Diagram 5D is a variation of the one shown in Diagram 5A. On the right side, the guard pulls the tackle toward him in. Then the defensive tackle and the end force the near back to play one or both of them. The linebacker goes down the lane. For the left side the same movements prevail. If the guard cannot pull the tackle, he charges through the seam between the offensive guard and the tackle, trying to force both men to play the guard. The linebacker should be able to slip through if the tackle plays the man in the seam.

From a modified 7-2-2 defense, the guards pull men and the center goes through the seam (Diagram 5E).

The maneuver shown in Diagram 5F is a variation of the one shown in Diagram 5E, with the guard angling hard on the offensive center, the tackle pulling the offensive guard, and the center hesitating before slid-



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ing through the seam. The end charges the near back, forcing the back to play him rather than the defensive center.

## Option Play

(Continued from page 7)

for an improperly executed play. Some do not seem to mind this, but they dislike being stepped on or bowled over.

In live scrimmage we follow practically the same procedure, calling attention to the mistakes mentioned immediately, even if it means stopping the play before it is half completed. Team pressure is a factor here. Boys do not like half-completed plays even in practice.

### At the Corner

We will now assume that the quarterback has reached the corner at the right speed and in the line, and that the trailing halfback has caught up, is at least a half step ahead of the quarterback, and four and one-half yards deep. There are now three possibilities—the keep, the pitch-out, or the keep and pitch. Again, we shall treat them in order.

### The Keep

The keep has not netted us long yardage but is a very safe play because it involves no ball-handling other than the center pass. The most troublesome question is when to keep. For years split T coaches have been saying, "All the quarterback has to do is watch the defensive end, the No. 4 man." Naturally, there is more to it than just watching. We follow these rules:

1. If the No. 4 man crosses the line deep to cover the trailing halfback, we must keep regardless of other developments. This seems obvious but often our end is unable to turn the No. 3 man in. The No. 3 man slants or slides to the outside. We have lost considerable yardage when our quarterback, confronted by the unblocked No. 3 man, laterals immediately to the halfback who is tackled on the spot by the No. 4 man. This is admittedly a bad situation to be in, but if the quarterback is tackled he will lose only a yard or so. If he laterals he will most likely lose five yards. The quarterback may find it advisable to cut inside his own end, depending upon the blocking developments (Diagram 6).

2. If the No. 4 man waits on the

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line or retreats along the line, the quarterback must also keep. However, in this instance he must try to force the No. 4 man into an outside commitment by faking a pitch just before cutting sharply upfield (Diagram 7).

### The Pitch-Out

We shall treat this phase of the option in the *when* and *how* categories.

**When to Pitch.** If the No. 4 man crashes in, or shows any inclination to come in on the quarterback, we will pitch. A second pitch-out situation occurs when the No. 4 man, without advancing, stands with his body facing the approaching quarterback. A necessary precaution in this case is that the quarterback approach to within one and one-half yards of the No. 4 man before making the pitch. He should not in any way indicate a pitch until the actual execution.

**How to Pitch.** Concentrating on the No. 4 man, the quarterback should wait until the last split-second, then look quickly toward the goal he is defending. He should try to throw the pass without the use of his upper arms or shoulders. Using his wrists he should throw the ball end over end with reverse English. This type of throw provides handles for the halfback and eliminates the hard-to-handle spiral bullet. It is also very important that the ball be a floater, high and lazy, so the halfback may catch up or slow up if need be, and pick it easily out of the air.

### The Keep and Pitch

We have indicated that the keep, while comparatively safe, is not apt to develop into a spectacular gain. It is the only alternative when the No. 4 man sticks to his outside responsibility. However, we do not feel that our outside game is stopped by this situation. Some long gains have resulted from the following procedure: 1. Eliminating the No. 4 man with the keep. 2. Advancing downfield (sometimes only a few steps). 3. Then turning to the outside and pitching to the halfback (Diagram 8). The No. 4 man is naturally out of the play because he will be unable to change direction and retreat fast enough to do any damage. The fullback and quarterback should be able to handle the defensive halfback as he comes up.

The No. 3 man may stop the play if he plays wide or slants into a wide position. The ideal remedy for the

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offense is to check off to an inside play. However, a high school quarterback will often find himself facing both the No. 3 and the No. 4 men as mentioned earlier. As this point the fullback may still spring the quarterback loose by bumping the No. 3 man as he cuts around his end (Diagram 9).

The downfield pitch differs from the one delivered by the quarterback behind the line. After the quarterback turns the corner, he should carry the ball chest high and be prepared to throw it from that position. This means that his delivery will be much like a chest high basketball push pass. He should be careful as he turns to the outside to make sure his pass is a lateral.

### The Dive Man

After some experimentation we have instructed our halfbacks to line up in a slightly staggered stance with the outside foot forward and the outside hand down. This allows us to have the inside elbow up, the forearm parallel to the ground, and across the chest. Then as he springs forward the inside arm is already in position. All he must do is raise his outside hand from the ground to his hip as a sort of backstop for the ball if it is placed there by the quarterback.

As the dive man moves forward on the option play he will veer to the inside, raise his inside elbow a little higher than on the dive play, then bring it down over an imaginary ball as the quarterback moves behind him on his way to the corner. The diving halfback must be impressed with the importance of this exaggerated fake. We can now understand why Wilkinson and Tatum make so much of this point.

Often, in scrimmage sessions, when the defense has been successfully pulled in to tackle the diver and the trailing halfback has swept around on his way to pay dirt, we stop the whole play. With a good sharp whistle we bring the entire team, especially the ball-carrier, back to the spot where the dive man was tackled. In this way his successful fake does not go entirely unnoticed and there is greater incentive to improve it next time.

### The Trailing Halfback

There are two main points of trouble in the maneuvers of the halfback swinging wide to receive the pitch-out. The first difficulty is in keeping the four and one-half yard distance between the quarterback and



halfback. As previously mentioned, the halfback stance makes lateral movement at the start somewhat troublesome. Because of the amount of weight forward the halfback will have a tendency to step forward as he moves laterally. He must compensate as soon as possible and re-establish the four and one-half yard distance (Diagram 10).

We learned about the second problem the hard way. Before we became aware of the importance of the quarterback coming under control, our trailing halfback was naturally always behind at the corner. We prod- ded him to the absolute limits of his speed and still he was behind. When our quarterback finally became control conscious we forgot to mention it to the trailer, who was not trailing at all, but barreling for all he was worth around end. Now he was as far ahead as he had been behind before, and the lateral sailed behind him toward our opponent's goal (Diagram 11). If the quarterback throws the lateral to a halfback who has gone too far ahead it is apt to be intercepted by a penetrating No. 4 man.

### The Fullback

Our fullback is instructed to slant toward his own end and run through that area of the corner where the keep will ordinarily turn upfield. He blocks anyone in his path at the corner. The quarterback on the keep should follow this block. If there is no man in his path he blocks the first man who is standing beyond the line of scrimmage (Diagram 12).

Speed is essential in a split T fullback. He must make tracks, get around that corner, and out ahead of the play. The heavy, pile driver type can be used effectively on the counter play but will gum up the option hope- lessly by being in the way at the corner.

### The Running Pass

The running pass is that part of the option play which keeps the secondary honest. It should be used only when halfbacks have shown a tendency to come up to stop the run- ning game. Needless to say, it is a very poor weapon in the closing minutes when a team is behind. Its success depends upon the threat of a run and no such threat exists under the conditions just mentioned.

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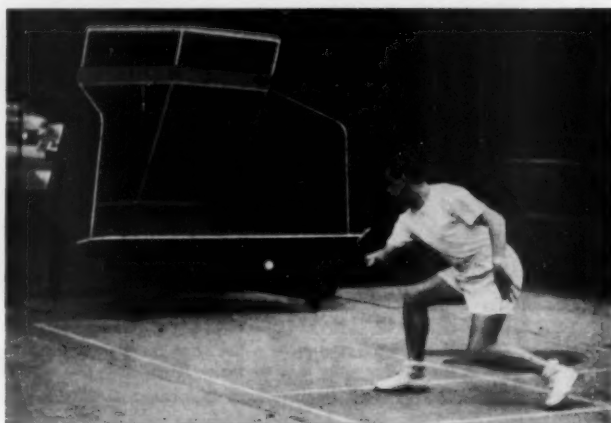
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quarterbacks on the keep or pitch option. When the halfback hears pass in the huddle he seems determined to pass no matter how well his receivers are covered.

In order to break the end loose behind the secondary the following points should be emphasized:

1. The quarterback should lateral a little sooner than usual, and then continue on a parallel course behind the fullback to form a two-man pocket for the halfback until such time as he elects to run. At the signal of go from the halfback, both the quarterback and the fullback advance downfield as interference.

2. The quarterback should face slightly back toward the off side when he arrives at the pocket area (Diagram 13).

3. The fullback follows his usual course until he reaches the corner, then he veers out and parallel to the line, always keeping an eye on the No. 4 man and jockeying with him if necessary. Our purpose here is to occupy the No. 4 man in such a manner that the fullback, keeping his feet, will be between the No. 4 man and the passer. This changing of the fullback's regular pattern may appear to be a dead giveaway to the pass. This will be the case if the fullback is permitted a poor execution of his assignment. However, if he does not start his parallel movement until he reaches the corner, most of the defense will have committed for the run. If they have not we are going to gain some yards running as our fullback and quarterback should be able to eliminate the No. 4 man.

4. The passing halfback should bow a little deeper at the start of his run so that he will actually be running toward the line and facing downfield as he releases the ball. This makes it easier for him to see his blockers, his receivers, and the secondary defenders. Thus it becomes much easier for him to make the important decision whether to pass or keep and run. When he chooses the latter he should shout go so that his blockers may precede him toward the goal line.

5. The dive man makes a rather poor fake, cuts to the inside, advances about six yards, and then cuts sharply to the outside keeping parallel to the line. He should make sure that he does not drift downfield where we want our on-side end to be all alone.

6. All linemen block aggressively. The ends hold their block for at least one count before following the patterns shown in Diagram 13.

## Spectatoritis

IN recent years it has been said more and more frequently that we are becoming a nation of spectators.

To those who feel that this growing situation is not to our best interests we would quote from Harry A. Scott's excellent text, "Competitive Sports in Schools and Colleges." Dr. Scott says: "Games and sports are not only to be played; they are to be enjoyed in ways that are akin to art and other forms of aesthetic expression. As the drama of the game unfolds on the court or field, those who understand or appreciate what they see participate vicariously in the activity, and as a result of this experience, may be deeply moved and recreated. Some persons hold the view that this kind of an experience is somehow bad for the individual and have attached to the practice the name of 'spectatoritis,' which suggests an inflammatory disease. This view however appears to be based on the notion that only the participant in the activity derives any benefit from the experience. Were this belief applied to dramatics, music or the graphic and plastic arts much beauty and enjoyment would be removed from the world. Fortunately, however, this belief has not been applied to the arts nor to the field of sports, where literally millions of persons annually attend the art galleries and sports arenas to derive the inner satisfactions that come from the various forms of aesthetic appreciation."

It has been suggested that if all of the spectators were barred from the stadia and sports arenas, these former spectators would be spending their time to better advantage. It is questionable whether such legislation would have the desired effect but what is more practicable is beyond the realm of reality.

Of the hundreds of thousands of spectators who watch high school and college football games on a given week end only a limited percentage understand the game's finer points. Much has been done in educating the public but much more needs to be done.

Today's concept of education is to prepare the youth for a happy and useful life. Education does not stop at the 3 R's but includes music appreciation and art appreciation courses as well as a number of other useful subjects.

Football appreciation and baseball appreciation might well be included not only in the boys' but also in the girls' curriculum. We do not have the figures available to back us up, but it is our contention that almost as many people watch football in a year as visit the nation's art museums.

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